

I Tested Positive! Now What?






You got the call and learned that you have tested positive for COVID-19.
We know this is hard! Here are some important things to know.



Quarantine: Keeps someone who was in close contact with someone who has COVID-19 away from others.

Isolation: keeps someone who is sick or tested positive for COVID-19 without symptoms away from others, even in their own home.

For more information please visit [CDC School Guidance](#) or the [Nevada School Guidance](#)

<p>Important Dates</p> 	<p>What About School?</p> 	<p>What About My Household Members?</p> 	<p>What About My Close Contacts?</p> 	<p>Who Can Help?</p> 
<p>If you have symptoms* isolation period begins at symptom onset:</p> <hr/> <p>If no symptoms present, your isolation period begins on test date:</p> <hr/> <p>Estimated date of return:</p> <hr/> <p>Inform your school or employer of your isolation period.</p> <p>Note: Isolation could be extended if signs and symptoms worsen.</p>	<p>Be sure that you tell the health department contact tracers all about possible close contacts at your school, at home, and in the community.</p> <p>If you are an employee of a school, please be sure that you have notified your direct supervisor and/or school human resources.</p> <p>If you are the parent of a student who tests positive for or develops symptoms of COVID-19, please notify your child's school.</p>	<p>Household members are considered continuous contacts. If you live with someone who has COVID-19, your quarantine begins when the sick person can separate from you (in a separate room with a separate bathroom) OR when the sick person has completed their 10-day isolation period).</p> <p>This date is:</p> <hr/> <p>All household members should test for COVID-19 5-7 days after your last day of isolation. These dates are:</p> <hr/> <p>If possible, you should isolate in your house and avoid contact with others. If this is not possible, wear a mask at all times and limit your time spent together.</p>	<p>Close contact: anyone within 6 feet of positive person (unmasked) for 15+ minutes in 24 hours, OR correctly masked students within 3 feet of positive person for 15+ minutes in 24 hours.</p> <p>Time-frame: close contact begins 2 days before positive person's symptom onset. If positive person is asymptomatic, it starts 2 days before they tested positive for COVID-19.</p> <p>If unvaccinated, close contacts must quarantine for 10 days from last exposure to positive person (return day 11) OR 7 days if test negative on days 5-7 (return day 8). They must remain masked in public for 14 days after last exposure.</p> <p>If vaccinated, close contacts don't have to quarantine, but should get tested during days 5-7, monitor for symptoms & mask in public settings for 14 days after last exposure.</p>	<p>For help with food and other social services, call: 2-1-1 or visit nevada211.org.</p> <p>Nevada COVID-19 info, visit nvhealthresponse.nv.gov</p> <p>For mental health support call the NV warmline 775-241-4212 (M-F: 8am-10pm, S-S: 8am-9pm)</p>

*Symptoms: temperature >100.4, chills, cough, shortness of breath, difficulty breathing, fatigue, muscle or body aches, headache, new loss of smell or taste, sore throat, congestion, runny nose, nausea, vomiting, diarrhea
Please note this does not apply to health care settings