

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.GOV](https://www.cdc.gov) or nvhealthresponse.gov; Or, call Nevada COVID Call Center at 1-800-401-0946.

Important Date



If you have symptoms*
The isolation period begins at symptom onset (Day 0): _____

If no symptoms present, your isolation period begins on the test date (Day 0): _____

Estimated date of return (Day 6): _____

Wear a mask on days 6-10.

Inform your school or employer of your isolation period.

Note: Isolation could be extended if signs and symptoms worsen.

What About School?



Be sure that you tell the health department contact tracers all about possible close contacts at your school, at home, and in the community.

If you are an employee of a school, please be sure that you have notified your direct supervisor and/or school human resources.

If you are the parent of a student who tests positive for or develops symptoms of COVID-19, please notify your child's school.

For more information, please visit: <https://nvhealthresponse.nv.gov/>

OR
Nevada COVID Call center:
1-800-401-0946

What About My Close Contacts?



Close contact: anyone within 6 feet of the positive person (unmasked) for 15+ minutes in 24 hours.

Time-frame: close contact begins 2 days before the positive person's symptom onset. If a positive person is asymptomatic, it starts 2 days before they tested positive for COVID-19.

You are encouraged to notify your close contacts. CDC recommends close contacts wear a mask for 10 days after their LAST exposure and to self-monitor for symptoms of COVID-19.

Who Can Help?



For help with food and other social services, call: 2-1-1 or visit nevada211.org.

Nevada COVID-19 info, visit nvhealthresponse.nv.gov

For mental health support call the NV warmline 775-241-4212 (M-F: 8am-10pm, S-S: 8am-9pm)'

For additional information, visit: <https://www.cdc.gov/coronavirus/2019-nCoV/index.html>

OR
Nevada COVID Call Center:
1-800-401-0946

*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.
Need help with dates: <https://nvhealthresponse.nv.gov/find-covid-19-testing-in-nevada/>