

If you test positive for COVID-19 do the following

- Open windows, doors to decrease the concentration of viral particles in the air.
- Go home and self-isolate in a room by yourself.
- Preferably use a restroom not shared by others in your household.
- Drink plenty of water and get rest even if you don't feel that sick.
- If you experience chest pain or shortness of breath seek medical care immediately.
- If anyone in your house needs to call 9-1-1 for any **reason**, medical or other, disclose to the dispatcher someone in the house has tested positive for COVID-19.
- Inform household members you are positive; NONE are to leave the house to go to work, daycare, etc.

Important: If you have no symptoms or your symptoms have improved, you may still be able to infect others! Please continue to isolate until at least 10 days pass from your symptoms started and at least 24 hours have passed without a fever and other symptoms have improved.

Contact Tracing

Identify the date you started to feel sick, this is your symptom onset date. Go back two days from symptom onset and identify anyone you were within 6 feet of for 15 minutes or more, even if you were wearing a face mask. Gather at least names and phone numbers of these contacts, when a case investigator calls you, they will need this information.

Do NOT

- **Do not** leave your house unless you are going to the hospital.
- **Do not** go to work or run errands.
- **Do not** go into public spaces.
- **Do not** have people over to your house.
- **Do not** send your children to daycare or school.

Resource Links

[Aging & Disability \(Washoe County\)](#)

[Energy Assistance \(Nevada\)](#)

[Unemployment Office \(Nevada\)](#)

[Welfare Office \(Nevada\) - SNAP \(Food stamps\), Medicaid & Cash \(must have kids\)](#)

[Children's Cabinet](#) – Food, Utilities, Childcare, Safety

[Family and Medical Leave \(FMLA\)](#)

[Families First Coronavirus Response Act: Employer Paid Leave Requirements](#)

[Nevada COVID-19 Aging Network Providers \(Seniors who are at high risk of COVID-19 implications\)](#)