COVID-19 PREPAREDNESS
Moving Forward

NEVADA HEALTH RESPONSE

As we welcome the new school year, we also welcome your vigilant efforts to keep your child, our teachers and staff, and the entire student body healthy. To that end, here are some ways to help keep COVID-19 out of our schools.

1 Be ready to test

To slow the spread of COVID-19, it's important to test early and regularly following symptom onset or exposure to a confirmed COVID-19 case. Keep at-home tests on hand. Whether your child has symptoms (see below) or not, an at-home rapid test can help rule out or confirm COVID-19.

Symptoms include:

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

Source: CDC.gov

Where to find COVID-19 tests:

- Health and fire districts, health care clinics, pharmacies, civic centers, libraries
- Free tests delivered to your home: usps.com/covidtests
- Community at-home and PCR testing sites: nvhealthresponse. nv.gov/find-covid-19-testing-in-nevada

2 Get fully vaccinated and boosted

Vaccines and boosters reduce the incidence and severity of COVID-19. Because being fully vaccinated varies depending on the age of your child, ask your pediatrician for guidance. Kids 12 and older can get vaccinated at a pharmacy. Visit nvcovidfighter.org to learn more.

3 Seek treatment

If anyone in your household tests positive for COVID-19, consult your health care provider immediately. Sensitive groups may need immediate therapeutic care. To discuss your options, call (800) 401-0946, 7:00 AM-8:00 PM daily, or visit nvhealthresponse. nv.gov/find-treatment.

4 Stay home

To stop the spread of COVID-19, students must stay home a minimum of five days if they are sick, unless seeking medical care. The CDC offers a helpful guide (cdc.gov/coronavirus/2019-ncov/your-health/quarantine-isolation) to estimate quarantine and isolation periods following illness onset or exposure to a confirmed COVID-19 case.