

# What to do after your COVID-19 Test

**If you are being tested because you have had symptoms or have been in close contact, follow these directions after testing.**

## **If your rapid antigen test is POSITIVE:**

**You will be notified by email and telephone of your POSITIVE antigen test result.**

- ▶ **You will be notified using the email and telephone number you provided when registering.**  
If you work for WCSD or attend a WCSD school, the administrator will also be notified by WCSD Student Health Services.
- ▶ **Isolate at home.**  
Do not go to work, school, or into public until released from isolation.
- ▶ **STUDENTS:** Notify the school and the health office staff will be in contact with you regarding your date of return.
- ▶ **STAFF: Contact the WCSD Employee Health Nurse at 775-348-0338 if you haven't done so already.**  
Follow directions of the WCSD Employee Health Nurse regarding return to work.

## **If do NOT receive notice that your rapid antigen test is POSITIVE:**

**Wait for your PCR results.**

**You will NOT receive a call if your rapid antigen test is NEGATIVE.**

**You will receive an email with your PCR test result as soon as the test is processed (usually 24-72 hours).**

- ▶ **Continue to monitor your health using the WCSD Screening Tool.**
- ▶ **If you have been excluded for symptoms or close contact exposure to a positive COVID-19 case, continue to isolate/quarantine at home until you receive your PCR test results.**
- ▶ **When you receive your PCR test results via email provided during registration:**
  - ▷ **STUDENTS:** Notify the school and the health office staff will be in contact with you regarding your date of return.
  - ▷ **STAFF: Contact the WCSD Employee Health Nurse at 775-348-0338 if you haven't done so already.** Follow directions of the WCSD Employee Health Nurse regarding return to work.



Washoe County School District

# COVID-19 Screening Tool

COVID-19 Information  
Testing Information/Options  
Symptomatic Staff ONLY

WashoeSchools.net/COVID19  
WashoeSchools.net/COVID19testing  
Employee Health Nurse (775) 348-0338

## 1. Have you (staff member or student) had any new or unusual symptoms in the last 24 hours (even if you have been fully vaccinated)?

### 1 One (1) or more of the following symptoms:

- Fever** (temperature  $\geq 100.4^{\circ}\text{F}$  at rest)
- Respiratory symptoms** (cough, shortness of breath, and/or difficulty breathing)
- New loss of smell or taste**

OR

### 2 Two (2) or more of the following symptoms:

- Chills
- Feeling cold and shivering
- Muscle pain or aches
- Headache
- Vomiting (If only symptom, 48-hour exclusion<sup>1</sup>.)
- Diarrhea (If only symptom, 48-hour exclusion<sup>1</sup>.)
- Sore throat
- Fatigue
- Nasal congestion
- Nausea

NO ↓

## 2. Has someone in your household been diagnosed with COVID-19 (by testing positive or diagnosed by a healthcare provider)?

NO ↓

## 3. Have you been in close contact<sup>2</sup> with a person diagnosed with COVID-19 while the person was contagious<sup>3</sup>?

NO ↓

### You answered NO to all 3 questions.

You do not have symptoms and have not been exposed.

- ▶ **Go to school/work.**
- ▶ **Continue to monitor your health.**  
If you begin to feel unwell or are notified of an exposure, use this tool and take action.
- ▶ **Practice healthy habits and good hygiene.**

<sup>1</sup> **48-hour Exclusion:** Stay home 48 hours after symptom stop without medicine.  
<sup>2</sup> **Close Contact:** Within 6 feet for 15+ minutes over 24 hours or any direct contact.  
<sup>3</sup> **Contagious:** 48 hours before symptoms began until recovered.  
<sup>4</sup> **Recovered:** Meet all three criteria (1) 10 days passed since symptoms began, (2) no fever, diarrhea or vomiting in last 24 hours (without medicine), AND (3) other symptoms are improving.

YES →

YES - You have symptoms.

### If you answer YES to symptoms 1 or 2, you may have COVID-19.

- ▶ Do NOT go to school/work.
- ▶ Communicate with your school/supervisor.
- ▶ Seek care from your healthcare provider, if needed.
- ▶ *STAFF:* Call Employee Health Nurse at (775) 348-0338.
- ▶ **Wait at least 72 hours (3 days)** after symptoms begin **before being tested** to avoid inaccurate test results.
- ▶ Find testing: [WashoeSchools.net/covid19testing](https://WashoeSchools.net/covid19testing).
- ▶ **ISOLATE** at home until:
  - (1) you have **RECOVERED**<sup>4</sup> -OR-
  - (2) **you test negative for COVID-19** (lab result req'd) -AND- satisfy exclusion criteria for your illness<sup>1</sup>.

YES →

YES - You may have been exposed to COVID-19.

### If you answer YES, you are a Close Contact<sup>2</sup>.

#### If you develop symptoms at any time:

- ▶ **ISOLATE** at home -AND-
- ▶ Follow "If you answer YES to symptoms" (above).

#### If you do NOT have symptoms -AND- are FULLY VACCINATED -OR- you tested positive for COVID-19 in the previous 90 days (lab result required):

- ▶ Return to school/work -AND- monitor symptoms.

#### If you do NOT have symptoms -AND- you are NOT fully vaccinated -AND- have NOT tested positive for COVID-19 in last 90 days (lab result required):

- ▶ Do NOT go to school/work.
- ▶ Communicate with your school/supervisor.
- ▶ **QUARANTINE** at home for 10 days following your last close contact with any CONTAGIOUS<sup>3</sup> person -OR- you may **TEST OUT** of QUARANTINE (below).

*When someone in your household has COVID-19, you are continually exposed unless you are able to ISOLATE from the person. Anyone in the household who is not fully vaccinated and has not tested positive with COVID-19 in the last 90 days, must QUARANTINE while anyone in the house is CONTAGIOUS -AND- an additional 10 days after last person has RECOVERED. You may TEST OUT of last 10 days of QUARANTINE.*

### TEST OUT of QUARANTINE

#### If you are told to QUARANTINE after CLOSE CONTACT, you may return on day 8 of a 10-day QUARANTINE if:

- (1) you have **no symptoms** -AND-
- (2) **COVID-19 test is performed on or after day 5** -AND-
- (3) **COVID-19 test result is negative** (lab result required).