



Washoe County School District
Every Child, By Name And Face, To GraduationSM

Employee Rapid Antigen COVID-19 Test INSTRUCTIONS

BEFORE ENTERING:

If you have SYMPTOMS or are a CLOSE CONTACT, DO NOT ENTER FOR TESTING. You have or may have COVID-19. ISOLATE or QUARANTINE at home.

- ▶ **IF you have SYMPTOMS, you need a PCR COVID-19 test. Isolate at home and call the Employee Health Nurse at (775) 348-0338.**
- ▶ **IF you have been in CLOSE CONTACT or live with anyone diagnosed with COVID-19, you must quarantine for 10 days after your last contact. YOU CANNOT TEST OUT OF QUARANTINE.**

If your rapid antigen test is POSITIVE:

You will be notified before the next workday if your test is POSITIVE.

- ▶ **You will be notified using the telephone number you provided.**
If you cannot be reached at this number, you and your supervisor will be notified by WCSD email.
- ▶ **Isolate at home.**
Do not go to work, school, or into public until released from isolation by a WCSD Employee Health Nurse.
- ▶ **You will be contacted by a WCSD Employee Health Nurse within 48 hours.**
 - ▷ If needed, the WCSD Employee Health Nurse will provide an order for you to get a PCR COVID-19 test through Renown.
 - ▷ Follow directions of the WCSD Employee Health Nurse regarding return to work.

If your rapid antigen test is NEGATIVE:

You will NOT receive a call if your test is NEGATIVE. You will receive an email confirming your NEGATIVE test result within 1 week of your test date.

- ▶ **Continue to monitor your health using the WCSD Self-Screening Tool (reverse).**
- ▶ **If your test is negative, but you have symptoms of COVID-19:**
 - ▷ **Isolate at home.** Do not go to work, school, or into public until released from isolation.
 - ▷ **Leave a message for the WCSD Employee Health Nurse 775-348-0338.**
Your call will be returned in the order it is received. You may be asked to get a PCR COVID-19 test.



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COVID-19 Daily Self-Screening Tool

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.**
- ▶ **STUDENTS:** Contact your healthcare provider, WCHD, or
- ▶ **STAFF:** Contact your healthcare provider, WCHD, or
- ▶ **WCSD Employee Health Nurse.**
- ▶ **Wait at least 72 hours (3 days) after symptoms begin before being tested** to avoid inaccurate results.
- ▶ You may have COVID-19. **ISOLATE at home until:**
 - (1) **you have RECOVERED -OR-**
 - (2) **you test negative for COVID-19 -AND- satisfy exclusion criteria** for the illness.

If you answer YES, you are a Household Contact:

If you are able to ISOLATE from CONTAGIOUS patient, follow Close Contact (below).

- ▶ **Do NOT** go to school/work.
- ▶ **Communicate with your school/supervisor.**
- ▶ **Everyone in the household**, who has not had COVID-19, **must QUARANTINE:**
 - (1) **while anyone in the house is CONTAGIOUS -AND-**
 - (2) **for 10 days after last person RECOVERED.**
- ▶ **If you develop symptoms, ISOLATE at home** and see "if you answer YES to symptoms" (above).

If you answer YES, you are a Close Contact:

- ▶ **Do NOT** go to school/work.
- ▶ **Communicate with your school/supervisor.**
- ▶ You must **QUARANTINE** at home **for 10 days following your last close contact** with any CONTAGIOUS COVID-19 patient.
- ▶ **If you develop symptoms, ISOLATE at home** and see "if you answer YES to symptoms" (above).

CONTACT INFORMATION

Washoe County Health District (WCHD)
COVID-19 Hotline: (775) 328-2427
Online Assessment: COVID19Washoe.com
Washoe County School District (WCSD)
Online: WashoeSchools.net/Reopening

FOR WCSD STAFF ONLY

Employee Health Nurse: (775) 348-0338

CONTAGIOUS / INFECTIOUS

- ▶ A person with COVID-19 can give the illness to others when the person, also called a patient, is infectious.
- ▶ For COVID-19, infectious period begins 2 days before symptoms begin and extends through at least 10 days after symptoms begin and symptoms improve (see RECOVERED).

INCUBATION PERIOD

- ▶ Symptoms can develop anytime in the 14 days after last exposure to a contagious COVID-19 patient. This time is the incubation period. Symptoms are most likely to appear in the 10 days following exposure to COVID-19.

ISOLATE

- ▶ Stay home and away from others because you have COVID-19 or symptoms of COVID-19.

HOUSEHOLD CONTACT

- ▶ Household Contacts are Close Contacts whose contact with a CONTAGIOUS patient is ongoing until the day after the CONTAGIOUS patient has RECOVERED.
- ▶ If the Household Contact is able to completely ISOLATE from the CONTAGIOUS patient, follow Close Contact guidance.

QUARANTINE

- ▶ Stay home for at least the first 10 days of the incubation period after COVID-19 exposure.

RECOVERED

- ▶ A person has recovered from COVID-19 when all three of the following conditions are met:
 - (1) 10 days have passed since symptoms began,
 - (2) no fever, diarrhea or vomiting in last 24 hours (without symptom-reducing medicine), AND
 - (3) other symptoms are improving.

Have you (staff member or student) **had any new or unusual¹ symptoms in the last 24 hours?**

- ① **One (1) or more of the following symptoms:**
 - Fever** (temperature $\geq 100.4^{\circ}\text{F}$ at rest)
 - Respiratory symptoms¹** (cough, shortness of breath, and/or difficulty breathing)
 - New loss of smell or taste**
- OR
- ② **Two (2) or more of the following symptoms¹:**
 - Chills
 - Sore throat
 - Feeling cold and shivering
 - Fatigue
 - Muscle pain or aches
 - Nasal congestion
 - Headache
 - Nausea
 - Vomiting (if this is the only symptom, 48-hour exclusion².)
 - Diarrhea (if this is the only symptom, 48-hour exclusion².)

¹ New/unusual symptoms are different than symptoms of ongoing health issues, such as asthma, allergies, or COPD.
² 48-hour Exclusion: Stay home for 48-hours after vomiting and diarrhea have stopped without the use of medication.

Has someone in your household been diagnosed with COVID-19?

- ① Diagnosed by TESTING POSITIVE
- ② Diagnosed by a healthcare provider (NO TEST)

Have you been in close contact (within 6 feet for more than 15 minutes) **with a person diagnosed with COVID-19 while the person was contagious** (48 hours before symptoms began through recovery)?

If you answer NO to all 3 questions regarding symptoms and exposure:

- ▶ **Go to school/work, observing physical distancing and face covering guidelines.**
- ▶ **Continue to monitor your health.** If you begin to feel unwell or are notified of a contact, use this tool and take action.