



## Self-Monitoring Steps for Close Contacts of People Confirmed to Have, or Being Evaluated for Novel Coronavirus

*Follow the monitoring steps until your public health department says you no longer require self-monitoring.*

If you have had close contact with someone who is confirmed to have or is being evaluated for COVID-19 infection, you should:

Monitor your health starting from the day you first had close contact with the person and **continue for 14 days after you last had close contact with the person**. Watch for these signs and symptoms:

- **Fever**. Take your temperature twice a day.
- **Coughing**.
- **Shortness of breath** or **difficulty breathing**.
- Other early symptoms to watch for are **chills**, **body aches**, **sore throat**, **headache**, **diarrhea**, **nausea/vomiting**, and **runny nose**.

**If you develop fever or any of these symptoms, call your healthcare provider and public health department<sup>1</sup> right away.**

Before going to your medical appointment, be sure to **tell your healthcare provider about your close contact with someone who is confirmed to have, or being evaluated for, COVID-19 infection**. This will help the healthcare provider's office take steps to keep other people from getting infected. Ask your healthcare provider to call your public health department<sup>1</sup>.

If you do not have any symptoms, you can continue with your daily activities, such as going to work, school, or other public areas.

<sup>1</sup> Public health departments in Nevada:

- Nevada Division of Public & Behavioral Health: (775) 684-5911 (M-F 8:00 AM to 5:00 PM), (775) 400-0333 (after hours).
- In Clark County, contact the Southern Nevada Health District: (702) 759-1300 (24 hours).
- In Washoe County, contact Washoe County Health District: (775) 328-2447 (24 hours).
- In Carson City and Douglas, Lyon, and Storey Counties, contact Carson City Health and Human Services: (775) 887-2190 (24 hours).