

# COVID-19

## Information for Day Cares

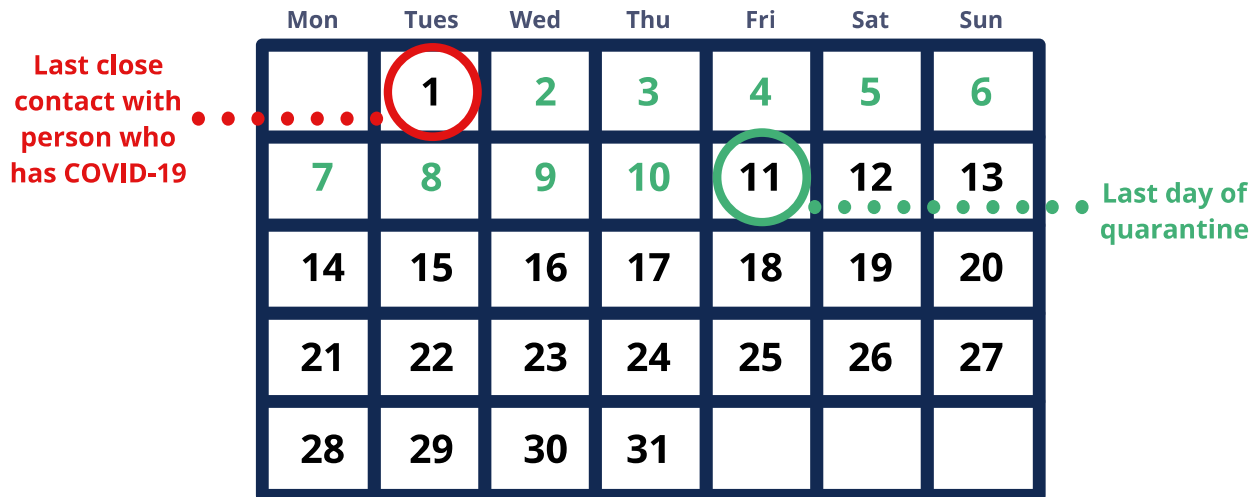
### Definitions

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- Case: Someone who has tested positive for COVID-19. They will be contacted by the Washoe County Health District to be interviewed.
- Contact: A person who -
  - was near a case (within 6 feet for more than 15 minutes)
  - had direct contact with a case (like a hug or shared a water bottle or fork)
  - was sneezed or coughed on by a case while the case was infectious
  - who lives with a case while the case was infectious
- Symptomatic: A person who is feeling sick with any of the following -
  - Fever
  - Chills
  - Headache
  - Muscle aches
  - Cough
  - Shortness of breath
  - Sore throat
  - Loss of taste or smell
  - Vomiting or nausea
  - Extreme fatigue
  - Congestion or runny nose
  - Diarrhea
- Asymptomatic: A person who is not feeling sick with any of the above symptoms.
- Quarantine: Means to stay home because you were potentially exposed to a case. You may not go to work, school, grocery shopping, or run errands. You may not have or attend a gathering. You may not take anyone to school or work. You should try to self-isolate (stay away from) all other people in the house just in case. If you were exposed to a case, you must quarantine for 10 days.

## Quarantine Calendars

This calendar shows someone who had contact with a case but is no longer in contact.



Please note if your quarantine starts at noon on day 1, then it would end at noon on the last day.

This calendar shows someone who had contact with a case and started a quarantine, but then had contact with another case. Their 10 days starts over.



Please note if your quarantine starts at noon on day 1, then it would end at noon on the last day.

## Quarantine Calendars

If you have a person who needs to care for someone who is sick, their 10-day quarantine would not start until that other person is considered to no longer be infectious. This may be an extended amount of time.



*Please note if your quarantine starts at noon on day 1, then it would end at noon on the last day.*

## Childcare Scenarios

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### Scenario 1 - A teacher tests positive

Betty teaches in a 1-year old classroom. Betty tests positive and calls the daycare to let the director know. All students that were in that classroom must stay home for 10 days from the last time they saw Betty, since they likely came into direct contact with Betty. Daycare must report positive case to the Washoe County Health District and Human Services Agency.

### Scenario 2 - A child tests positive

Johnny tests positive and attends daycare. His mom calls to let the daycare know he tested positive. His classroom, including the teacher, must stay home for 10 days from the last time Johnny attended the daycare. If Johnny's class also had outside play time with another classroom, that second room would also have to be on quarantine for 10 days since there would be no way to determine who Johnny was near. Daycare must report positive case to the Washoe County Health District and Human Services Agency.

### Scenario 3 - A teacher is a contact

Sue is a teacher at a daycare. Her husband Bob has tested positive. Sue must stay home for her quarantine. Sue's class may continue to meet at the daycare. No additional action is needed at the daycare. If Sue later tests positive, it will be determined if the daycare room needs to be sent home by the Washoe County Health District. (Depending on when symptoms started, and Sue was already home in quarantine, no exclusions may be needed)

### Scenario 4 - A student's sibling is a contact

Joey's older brother Tommy goes to a public elementary school. Somebody in Tommy's class tests positive (not Tommy). Tommy must stay home for his quarantine. Joey may continue to attend daycare, as he was not exposed. However, if Tommy becomes sick and Joey has been around him, Joey may be quarantined later.

## **General Guidelines and Recommendations**

- Do not assume you have allergies. If you have any symptoms, get tested.
- There is no recommendation for a negative test to return.
- Even if you wore a mask, if you are within 6 feet of a case for 15 minutes or longer while the case was infectious, you are still a contact to a case and must quarantine.
- Any symptoms should be considered COVID-19 until proven otherwise. If a person has symptoms and no test, they should be excluded 10 days from the start of the symptoms. They may not return if they have had a fever or diarrhea in the last 24 hours (without the use of fever-reducers).
- Be aware employees may have extended isolation times if others in their house are positive or if it transmits to multiple people in the house.
- Follow your regulations on cleaning, sanitizing, and hand washing.
- Minimize any comingling of classes.
- If a person goes for testing, they need to stay home until they get their results.
- Your quarantine will end on day 10, but you should continue to monitor for symptoms for an additional 4 days. Contact WCHD for guidance.

## **More Information**

For more information on COVID-19, go to [www.cdc.gov/COVID19](http://www.cdc.gov/COVID19) or [www.covid19washoe.com](http://www.covid19washoe.com)