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DIVISION OF PUBLIC AND BEHAVIORAL HEALTH
Helping people. It's who we are and what we do.



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Technical Bulletin

Date: September 21, 2022
Topic: Updated Guidance: What to do when Exposed to COVID-19
Contact: Melissa Peek-Bullock, State Epidemiologist, Office of State Epidemiology
To: Health Care Providers, Hospitals, Laboratories and Local Health Authorities

Background

The Centers for Disease Control and Prevention (CDC) updated their guidance August 24, 2022, for persons who have been exposed to COVID-19.¹ If an individual was exposed to the virus that causes COVID-19 or has been told by a health care provider or public health authority that they were exposed, the following are the recommended steps that should be taken, regardless of vaccination status or if the individual had a previous infection.

After Being Exposed to COVID-19

The following guidance applies for the *general public*.

Start precautions *immediately* — The exposed individual should wear a [mask](#) as soon as they find out they were exposed and should continue to wear a mask for 10 full days when around others.

Start counting from Day 1.

- Day 0 is the day of their last exposure to someone with COVID-19.
- **Day 1 is the first full day** after the individuals last exposure.

Continue precautions for 10 full days — An exposed individual can still develop COVID-19 up to 10 days after they were exposed.

Take precautions

- A high-quality [mask](#) or respirator (e.g., N95) should be worn any time around others inside their home or indoors in public.
 - An exposed individual should not go places where a mask cannot be worn. For travel guidance, see CDC's [travel](#) webpage.
 - Masks are not recommended for children 2 years and younger, or for people with certain disabilities. Other prevention actions (such as improving ventilation) should be used to avoid transmission during these 10 days.
- [Extra precautions](#) should be taken when around people who are [more likely to get very sick from COVID-19](#).

Watch for symptoms

- Fever of 100.4°F or greater
- Cough
- Shortness of breath
- [Other COVID-19 symptoms](#)

If an exposed individual develops symptoms

- Isolate immediately

¹ <https://www.cdc.gov/coronavirus/2019-ncov/your-health/if-you-were-exposed.html#footnote>

- Get tested
- Stay home until the results are received. **If your test result is positive, follow the [isolation recommendations](#).**

Get tested on day 6 — An individual exposed to COVID-19 should get tested at least 5 full days after their last exposure even if symptoms do not develop. If a person has already had COVID-19 within the past 90 days, see [specific testing recommendations](#).

<p><u>If the exposed individual tests negative</u></p> <ul style="list-style-type: none"> • Continue taking precautions through day 10. • Wear a high-quality mask when around others at home or indoors in public. <p><i>Individuals can still develop COVID-19 up to 10 days after they were exposed.</i></p>	<p><u>If the exposed individual tests positive</u></p> <ul style="list-style-type: none"> • Isolate immediately. • Follow the guidelines in our recent technical bulletin, Updated Guidance: Isolation and Precautions for People with COVID-19.
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Learn how COVID-19 spreads and the [factors that make risk of spread higher or lower](#). Nevada’s call center (800) 401-0946 is open 7 days a week from 7 a.m. to 8 p.m. to speak to a person regarding COVID-19 vaccinations, treatment and therapeutic services.

As noted in the Food and Drug Administration labeling for authorized over-the-counter antigen tests, negative test results do not rule out SARS-CoV-2 infection and should not be used as the sole basis for treatment or patient management decisions, including infection control decisions.

Reporting of Possible Cases

COVID-19 laboratory results must be reported as outlined in the [Updates to COVID-19 Laboratory Reporting Requirements](#) technical bulletin (dated March 25, 2022). Contact the appropriate health authority to report.

Health Department	County	Phone Number to Report
Southern Nevada Health District (SNHD)	Clark	(702) 759-1300 (24 hours)
Washoe County Health District (WCHD)	Washoe	(775) 328-2447 (24 hours)
Carson City Health and Human Services (CCHHS)	Carson City, Douglas, Storey and Lyon counties	(775) 887-2190 (24 hours)
Nevada Division of Public and Behavioral Health (DPBH)	All other counties	(775) 684-5911 (M-F 8 am to 5 pm) (775) 400-0333 (after hours)

For updated guidance, review the [DPBH Technical Bulletin web page](#) or the [Nevada Health Response website](#). Email stateepi@health.nv.gov for other questions regarding COVID-19.



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