1. **COVID-19 in-school practices**
   - Social distancing
   - Hand sanitation stations
   - Frequent hand washing intervals
   - Daily sanitation in high touch areas
   - Promoting vaccination uptake among students and staff
   - Improving ventilation in classrooms and common areas
   - Optional mask wearing
   - Social and emotional support
   - School closure plan including distanced learning in case of a local outbreak

2. **COVID-19 testing**
   Advise families to keep at-home tests on hand. At-home, point of care (POC) and PCR tests are widely available.
   Here are some resources to find tests:
   - Health and fire districts, health care clinics, pharmacies, civic centers, libraries
   - Free tests delivered to your home: [usps.com/covidtests](http://usps.com/covidtests)
   - Free point-of-care and at-home tests delivered to your school: [School COVID Testing Resources (nv.gov)](http://nvhealthresponse.nv.gov/find-covid-19-testing-in-nevada)
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3. **When to stay home**
   If a student, teacher or staff presents with symptoms, or tests positive for COVID-19 ([nvhealthresponse.nv.gov/covid-19-positive](http://nvhealthresponse.nv.gov/covid-19-positive)), they need to stay home and self-isolate for a minimum 5 days and may return once they have been fever-free for 24 hours. A well-fitting mask should be worn days 6-10 when possible. For help identifying quarantine/isolation periods, please utilize [CDC’s Quarantine and Isolation Calculator](http://cdc.gov/coronavirus/2019-ncov/your-health/quarantine-isolation). Symptoms include:
   - Fever or chills
   - Cough
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   - Sore throat
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4. **COVID-19 vaccines**
   COVID-19 vaccines reduce hospitalizations, severe illness, and interrupted learning due to COVID-19. COVID-19 vaccination is recommended, but not required in Nevada schools. There are many convenient vaccination events ([nvcovidfighter.org/event-list](http://nvcovidfighter.org/event-list)) throughout the state.
   Here’s what you need to know:
   - Primary series vaccines: recommended for children 6 months and older
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   - [Online Vaccine locator](http://nvcovidfighter.org/covid-19-vaccine-locator)

5. **COVID-19 treatment and resources**
   For people who have additional questions about COVID-19, encourage them to talk to their health care provider immediately. Sensitive groups may need immediate therapeutic care. For further information, they can call (800) 401-0946 between 7:00 AM to 8:00 PM, seven days a week.
   Additional resources:
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**LET’S STAY IN SCHOOL (And keep COVID-19 out!)**

Knowing how to handle COVID-19-related questions and situations in advance, and providing consistent, accurate information to families will help our schools stay safe. Here’s what you need to know:

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**Back to school. Back to basics, like good health. Have a great year.**
Prevención del COVID-19 en la escuela

Estas son algunas prácticas de prevención del COVID-19 que debe considerar su escuela:

• Distanciamiento social
• Estaciones de lavado de manos
• Intervalos frecuentes para lavarse las manos
• Desinfección diaria de las superficies de alto contacto
• Fomentar la vacunación de los estudiantes y el personal
• Mejorar la ventilación de las aulas y áreas comunes
• Uso opcional de mascarillas
• Plan de cierre de escuelas e instrucción sobre el aprendizaje a distancia en caso de un brote local

Pruebas de COVID-19

Recomienda a las familias que tengan a mano pruebas para hacer en casa. Las pruebas para hacer en casa, en centros de atención (POC) y las pruebas PCR están disponibles.

Estos son algunos recursos para acceder a las pruebas:

• Distritos de salud y de bomberos, clínicas de atención médica, farmacias, centros cívicos, bibliotecas
• Pruebas gratis para su hogar: usps.com/covidtests
• Pruebas para centros de atención y para casa que se entregan en su escuela: Recursos de pruebas de COVID para escuelas

Cuándo quedarse en casa

Si un estudiante, maestro o miembro del personal presenta síntomas o da positivo de COVID-19, debe quedarse en casa y aislarse por un mínimo de 5 días, pudiendo volver después de no presentar fiebre durante 24 horas. Si es posible, usar una mascarilla bien ajustada entre el día 6 al 10. Para comprender mejor los períodos de cuarentena/aislamiento, consulte la Calculadora de cuarentena y aislamiento de los CDC.

Los síntomas incluyen:

• Fiebre o escalofríos
• Tos
• Falta de aire o dificultad para respirar
• Fatiga
• Dolores musculares o corporales
• Dolor de cabeza
• Pérdida reciente del gusto o el olfato
• Dolor de garganta
• Congestión o goteo nasal
• Náuseas o vómitos
• Diarrea

*Source: CDC.gov

Vacunas de COVID-19


Esto es lo que debe saber:

• Serie primaria de vacunación: se recomienda para niños de 6 meses en adelante
• Refuerzos: se recomiendan para niños mayores de 5 años
• Los niños mayores de 12 años pueden vacunarse en la mayoría de las farmacias
• Localizador de vacunas en línea (nvcovidfighter.org/covid-19-vaccine-locator)

Recursos y tratamiento del COVID-19

Indique a las personas que tengan más preguntas sobre el COVID-19 que hablen con su proveedor de salud de inmediato. Los grupos de riesgo podrían requerir atención terapéutica inmediata. Para obtener más información, pueden llamar al (800) 401-0946, de 7:00 A.M. a 8:00 P.M., los siete días de la semana.

Recursos adicionales:

• cdc.gov/coronavirus/2019-nCoV
• doe.nv.gov
• nvcovidfighter.org