Self-Quarantine Guidelines
Provided by the Southern Nevada Health District

NAC 441A.280 Duty of persons to cooperate with health authority during investigations and carrying out of measures for prevention, suppression and control of communicable diseases.
A case, suspected case, carrier, contact or other person shall upon request by a health authority, promptly cooperate during:
1. An investigation of the circumstances or cause of a case, suspected, outbreak or suspected outbreak.
2. The carrying out of measures for the prevention, suppression and control of a communicable disease, including procedures of exclusion, isolation and quarantine. (added to NAC by Bd. of Health, effective 1-24-1992).

During your quarantine you are to:

1. Remain at home and stay away from people and public spaces, including for example, work, school, church, houses of other people, stores, restaurants, markets, movies, casinos, and other similar places.

2. This isolation does not prohibit you from obtaining legal or medical services. You must wear a properly fitted surgical mask when going to health and/or legal consultation. You must change the mask if it gets wet/damp. Before going to any such facility or office, you need to make them aware you are under monitoring for COVID-19. If they have any questions, they may call the SNHD’s Office of Epidemiology and Disease Surveillance (OEDS) at (702) 759-1300.

3. Inform OEDS staff of any appointments that require leaving your home, including doctor, dental, court appointment, social security office, welfare office, any public building, in person bill payments, and other similar places

4. Avoid accepting rides from other people and/or using public transportation, including buses, taxicabs, airplanes, trains, rideshare, and other similar means.

5. Make sure that people who have not been previously identified as contacts to OEDS do not enter your home. No visitors to your place of residence.

6. Inform OEDS staff of any plans to move from your current home address, before you move. Inform OEDS staff of any changes with home and/or cell numbers.

7. When you cough/sneeze, cover your mouth and nose with tissue and dispose of it into the nearest trash/garbage can and wash your hands afterwards.
8. If you are living with others, you should stay in a separate room, wear a mask anytime you leave the room, avoid contact with the rest of the household as much as possible, and avoid sharing dishes, drinking glasses/cups, eating utensils, towels, and bedding that have not been thoroughly washed with soap and water.

9. Cooperate with OEDS staff in monitoring your compliance with home isolation as indicated.

10. Wear a surgical mask at all times when not in your home.

11. SNHD staff may visit your home at any time during this period to ensure you are maintaining appropriate quarantine.

12. We realize that this quarantine may be difficult for you; however, it is important to safeguard the public’s health. This is the responsibility of the Health Department.

13. Failure to abide by any and all of the above will subject you to further legal action that will include a written order requiring isolation or quarantine.