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Sandra Reed, MPA
Executive Director

The following guidelines regarding self-quarantining were recently developed and provided by the Southern Nevada Health District. We thought the guidelines were useful, so we are providing them to osteopathic physicians, physician assistants, and their patients who may have been exposed to COVID-19 and have been ordered to or believe they should self-quarantine.

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 medical services. You must wear a properly fitted surgical mask when going to health consultations. 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 monitoring for COVID-19.
3. Avoid accepting rides from other people and/or using public transportation, including buses, taxicabs, airplanes, trains, rideshare, and other similar means.
4. Make sure that people do not enter your home. No visitors to your place of residence.
5. 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.
6. 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.
7. Wear a surgical mask at all times when not in your home.
8. We realize that this quarantine may be difficult for you; however, it is important to safeguard the public's health.