Isolation Guide for People Who Have COVID-19

If you have symptoms of COVID-19, you should be tested so you can know if you actually have COVID-19. If you test positive for COVID-19, please follow these instructions.

**Household Contact:** any individual who lives and sleeps in the same indoor shared space as another person diagnosed with COVID-19 (either a temporary or permanent living arrangement), leading to close contact and potential repeated exposure to the person with COVID-19. This includes situations where there may be temporary but prolonged exposure such as occurs as sleep-over events, shared camp cabins, vacation rentals, etc.

1 Stay home

**Self-Isolation:** You must stay at your home and avoid other people, including those you live with. You may not go out in public places - not even to the grocery store or to run errands. You may not visit with other people outside of your home, and you may not invite others into your house to visit.

**If you have symptoms of COVID-19 with your positive test, you must stay at home until:**

- At least 10 days have passed since your symptoms first started

AND

- At least 24 hours have passed since you had a fever (without using fever-reducing medications like acetaminophen or ibuprofen), and your symptoms are improving

**If you do NOT have symptoms but have a positive COVID-19 test, you must stay at home until:**

- At least 10 days have passed since the date of collection of your positive COVID-19 test, assuming you do not develop symptoms. If you develop symptoms then follow the instructions above.

2 Tell your contacts

- **Household Contacts:** Tell your household contacts about your COVID-19 infection. If they are not vaccinated, they will need to **self-quarantine, which means** they should stay at home and avoid other people for 10 days after your last close contact with them while you are considered infectious (your 10-day isolation period). They can begin their 10-day quarantine period sooner if they sleep in a different room than you and you can avoid ongoing close contact in your home. Follow the guidelines located [here](https://www.dhhs.nh.gov/dphs/cdcs/covid19/documents/self-quarantine.covid.pdf).

You should also clean your home and follow CDC recommendations to protect others. Vaccinated household contacts should follow the instructions in the [Self-Observation Guide](https://www.dhhs.nh.gov/dphs/cdcs/covid19/documents/self-quarantine.covid.pdf).

**Contacts Outside Your Household:** We encourage you to tell non-household contacts about your COVID-19 infection if you were in close contact with them at any point during the two days before you developed COVID-19 symptoms (or two days before you tested positive, if you don’t have symptoms) through your last day of isolation. “Close contact” means you were closer than 6 feet to the person for more than ten total minutes while you had COVID-19. These people should monitor themselves closely for symptoms and get tested 5-7 days after the exposure. If your close contacts develop symptoms, they should isolate and seek testing.

You may provide your non-household contacts the public health [Self-Observation Guide](https://www.dhhs.nh.gov/dphs/cdcs/covid19/documents/self-quarantine.covid.pdf) which has further instructions on monitoring for signs and symptoms for COVID-19 and seeking testing.

If you have questions about talking to your non-household contacts or if you think you may have become ill as part of a potential outbreak, please call the NH Department of Health and Human Services at 603-271-4496.

3 Take care of yourself

**Support While in Isolation:** Reach out to your healthcare provider or seek emergency care if you have any worsening of symptoms. Isolation can be lonely. Connect with others through phone, video chat, text, and email. Seek help from others to safely provide you and your household food and supplies you need while in isolation.

If you need support to maintain isolation, call 211 (TTY: 603-634-3388).

**If you have a medical emergency, call 911. Tell them that you have COVID-19.**

Please review these resources to help keep your home clean and protect others:

- [What to do if you are sick](https://www.dhhs.nh.gov/dphs/cdcs/covid19/documents/what-to-do-if-sick.pdf) and [Caring for Someone Sick at Home](https://www.dhhs.nh.gov/dphs/cdcs/covid19/documents/caring-for-someone-sick.pdf)
- [Cleaning and disinfecting your home](https://www.dhhs.nh.gov/dphs/cdcs/covid19/documents/cleaning-and-disinfecting-home.pdf)

This document is available online at: [https://www.dhhs.nh.gov/dphs/cdcs/covid19/documents/self-isolation-covid.pdf](https://www.dhhs.nh.gov/dphs/cdcs/covid19/documents/self-isolation-covid.pdf)