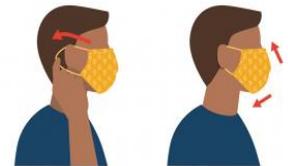


Coronavirus Disease 2019 (COVID-19) Self-Observation Guide

The New Hampshire Division of Public Health Services (DPHS) strongly recommends you protect yourself and others by following these steps for self-observation:

1. If you feel feverish, develop respiratory illness (cough, sore throat, runny nose or shortness of breath), mild flu-like illness (fatigue, chills, or muscle aches), loss of taste or smell, nausea, vomiting, or diarrhea:
 - a. Limit contact with others.
 - b. Take your temperature.
 - c. Seek health advice safely. Before going to a doctor's office or emergency room call ahead and tell the provider or office about your COVID- 19 symptoms.
2. If you become sick, stay home and isolate from other people, including those you live with. Get tested for COVID-19. You can find testing locations here. Stay at home until:
 - a. At least 10 days have passed since your symptoms first appeared
 - i. **AND**
 - b. At least 24 hours (1 day) have passed since recovery (resolution of fever without the use of fever-reducing medications **and** improvement in respiratory symptoms).
3. Additional things you can do to keep yourself and others healthy are:
 - a. Frequently wash hands often with soap and water for at least 20 seconds. If soap and water are not readily available, use an alcohol-based hand sanitizer that contains at least 60% alcohol.
 - b. Avoid touching eyes, nose and mouth with unwashed hands.
 - c. When outside your home, wear a cloth face covering over your nose and mouth and securely under your chin to protect those around you.
 - d. When outside your home, keep a distance of at least 6 feet from others.
 - e. If you are sick, stay home from school and work.
 - f. Cover your mouth and nose with a tissue or your sleeve (not your hands) when coughing or sneezing.
 - g. Clean and disinfect frequently touched surfaces and objects.



Information about COVID-19 evolves quickly and recommendations from public health officials may change. Please check the following websites often for updated information:

- U.S. CDC website <https://www.cdc.gov/coronavirus/2019-ncov/summary.html>
- NH DPHS website <https://www.nh.gov/covid19/>