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:

- NH DPHS website https://www.nh.gov/covid19/

Contact 211 with COVID-19 questions.
TTY: 603-634-3388

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