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

If you have been identified as a close contact to someone diagnosed with COVID-19 or you have just arrived to New Hampshire, follow these guidelines for 14 days from your last potential exposure to COVID-19:[1]

How to self-monitor:

Step 1 Do health checks every morning and every night or anytime you feel like you might have a fever:

1. Take your temperature with a thermometer and/or the temperature of family members who are being monitored and cannot do so for themselves. You should do this at least two times a day.
2. Watch for other symptoms such as fever, respiratory illness (cough, sore throat, runny nose, shortness of breath), mild flu-like illness (fatigue, chills, muscle aches), change in taste or smell, nausea, vomiting, or diarrhea.
3. Write your temperature and symptoms in the log.
4. Protect others!
   - Get tested for COVID-19. You can find testing locations here.
     - **Please note:** A negative test result does not allow you to be removed from quarantine. A test only reflects the day it was taken. Someone who has been exposed to COVID-19 can develop illness and test positive anytime during the 14-day quarantine period.
   - Wear a cloth face covering to protect those around you & keep your distance from others (at least 6 feet)
   - Stay home from school and work
   - Do not take public transportation, taxis, or ride-shares
   - Do not have any visitors to your house during this time
   - If you must have visitors, tell them that you are under quarantine
   - Cover your mouth and nose with a tissue or your sleeve (not your hands) when coughing or sneezing.
   - Wash hands often with soap and water for at least 20 seconds to avoid spreading the virus to others. If soap and water are not readily available, you can use an alcohol-based hand sanitizer that contains 60%-95% alcohol.
5. If you need to seek medical care for other reasons **call ahead** to your healthcare

---

[1] For individuals who live with someone who has been diagnosed with COVID-19, the last date of exposure is dependent on how quickly the individual with COVID-19 recovers. The Health Department advise individuals who live with a person with COVID-19 to determine how long they will need to quarantine.

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

7/28/2020

provider and tell them you are under COVID-19 quarantine. If you have a medical emergency, call 911. Tell them your symptoms and that you under COVID-19 quarantine.

Step 2 **Stay in contact with the health department regarding how you are doing, if required.**
Staying in contact with the health department is a requirement for certain people under quarantine. If this applies to you, someone from the health department will be contacting you to make sure that you are doing ok and following guidelines. This is to ensure your health and to stop the spread of COVID-19 to others. If the health department is unable to contact you, a wellness check at your home may be conducted. Once quarantine is complete, you will receive a letter documenting your completion. This may be helpful to notify your employer it is safe for you to return to work.

Step 3 **If you feel feverish, or develop respiratory illness (a 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:**

1. Seek medical advice – **call ahead** before you go to a healthcare provider's office or emergency room. Tell them you are under COVID-19 quarantine and about your symptoms.
   - Testing for COVID-19 is now widely available. You can get tested by calling your healthcare provider or find a testing location on our COVID-19 Testing webpage.
2. Stay home and separate yourself from others while you are sick. Do not go out in public. Do not take public transportation, taxis, or ride-shares. This is known as isolating. You should isolate yourself from others that you live with. Stay home until:

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

        AND

   - At least 24 hours (1 day) have passed since recovery (resolution of fever without the use of fever-reducing medications **and** improvement in symptoms).

3. Review these additional resources:
   - Using Cloth Face Covering to Help Slow the Spread of COVID-19
   - What to do if you are sick
   - Caring for yourself at home
   - Preventing the spread of COVID-19 in homes
   - Cleaning and disinfection guide