

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

- This guidance is intended for travelers from countries with a [level 2 travel advisory](#). These travelers are to be advised to monitor their health and limit interactions with others for 14 days after returning to the United States.
- Travelers from countries with a [level 3 travel advisory](#) should use a different guide, called self-quarantine guidance.

If you are returning to the United States from a country with a [level 2 travel advisory](#) for COVID-19, the New Hampshire Division of Public Health Services (DPHS) strongly recommends you protect yourself and others by following these steps for **self-observation for the 14 days following your travel**:

1. Practice strict respiratory etiquette and hygiene including covering your nose and mouth with a tissue when coughing or sneezing and washing hands often with soap and water for at least 20 seconds, or using an alcohol-based hand sanitizer if soap is not available.
2. Limit interactions with others: avoid large gatherings, avoid use of public transportation, keep your distance from others (about 6 feet or 2 meters).
3. Remain alert for fever, cough, shortness of breath, or other signs of respiratory illness.
4. If you feel feverish or develop a cough or shortness of breath:
 - Take your temperature.
 - Limit contact with others.
 - Seek health advice. Before going to a doctor's office or emergency room call ahead and tell the provider or office about your recent travel and symptoms.

Additional things you can do to keep yourself and others healthy are:

- Wash hands frequently with soap and water for at least 20 seconds. If soap and water are not available, use alcohol-based hand sanitizers.
- Avoid touching eyes, mouth and nose with unwashed hands.
- Do not share personal items such as water bottles, smokes and/or vapes.
- Avoid close contact with individuals who are sick.
- Stay home when you are sick. Remain home for at least 24 hours after you no longer have a fever (without taking fever-reducing medication) or signs of a fever (i.e., chills, feeling warm, flushed appearance).
- Cover your cough or sneeze with a tissue, then immediately discard the tissue in the trash.
- Clean and disinfect frequently touched objects and surfaces.

Outbreaks involving COVID-19 evolve quickly and recommendations from public health officials may change as new information becomes available. 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.dhhs.nh.gov/dphs/cdcs/2019-ncov.htm>

