NH DIVISION OF
Public Health Services
Department of Health and Human Services

Isolation Guide

If you have tested <u>positive</u> for COVID-19, or have symptoms of COVID-19, please follow these guidelines.

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, you must stay at home until:

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

AND

- At least 24 hours have passed since fever went away without the use of fever-reducing medications **and** improvement in other symptoms

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

- At least 10 days have passed since the date of your positive COVID-19 diagnostic test, assuming you don't develop symptoms. If you develop symptoms, see above.

2 Tell your close contacts

Household Contacts: Tell the people you live with about your COVID-19 infection. They must self-quarantine for 14 days starting the day after their last exposure to you and while you were able to infect them, which is usually for ten days from symptom onset (or 10 days from test date if you don't have symptoms). They can shorten the time they need to stay home by staying separate from you during your isolation period. See guidance from CDC on when to start and end quarantine. You should clean your home and follow CDC recommendations to protect others.

Other Close Contacts: We encourage you to tell any people who you were within 6 feet of for more than ten minutes from two days before you developed symptoms (or two days before your test if you don't have symptoms) through your last day of isolation. These people must self-quarantine for 14 days following their last exposure to you while you were able to infect them.

All close contacts should get tested for COVID-19, even if they don't have any symptoms. They should get tested ideally 5-7 days after their exposure to you, however, testing negative does NOT allow them to end quarantine prior to completing their 14 day quarantine period. Testing options are listed on the nh.gov/COVID19 website.

If you have questions about telling your close 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:
- Using cloth face covering to help slow the spread of COVID-19
- What to do if you are sick and Caring for yourself at home
- Cleaning and disinfection guide
- Coping with stress