

COVID-19 Summary of Key Points

ISOLATION

Tested positive for COVID-19, or have symptoms of COVID-19.

1. **Self-Isolation**: Stay home and avoid other people. Do not go out in public places – not even to the grocery store or to run errands. Do not visit with other people outside of your home, and do not invite others into your house to visit.

Symptoms of COVID-19 stay at home until:

- At least 10 days have passed since 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.

No symptoms but have a positive COVID-19 diagnostic test stay at home until:

- At least 10 days have passed since the date of the positive COVID-19 diagnostic test, assuming the person does not develop symptoms. If symptoms develop, see above.

2. **Household Contacts**: Tell the family members in the same house about COVID-19 infection. All must **self-quarantine** for 10 days starting the day after their last exposure to the person while that person will be able to infect them, which is usually for ten days from when symptoms start (or 10 days from test date no symptoms). This may include 20 days of quarantine.

QUARANTINE

Quarantine can end after Day 10 without testing and if no symptoms have been reported during daily monitoring.

A person who is close contact to another person infectious with COVID-19 must stay home and away from public locations for 10 days starting from the last day of exposure to the infectious person-see above (isolation).

Close Contact: Involves contact within 6 feet for at least 10 minutes (Cumulative) including 2 days before symptoms or 2 days before test. These contacts must quarantine for 10 days following their last exposure. Medical staff are excluded if both parties are masked.

A person who has traveled outside of New England must stay home and away from public locations for 10 days starting from the last day of travel outside of New England (ME, NH, VT, MA, CT, RI).

Any person who ends quarantine after 10 days must still monitor themselves daily for symptoms of COVID-19 and strictly adhere to all recommended non-pharmaceutical interventions (social

distancing, avoiding social gatherings, face mask use, hand hygiene, etc.) for a full 14 days after last potential exposure or high-risk travel. Any person who develops symptoms should immediately isolate and seek testing.

If the person develops symptoms of COVID-19, they should immediately isolate and seek out testing for COVID-19, even if that person has previously or recently tested negative.

NH DPHS does not recommend routinely adopting the “test out” option in the CDC guidance. This “test out” option suggests a person could end quarantine after 7 days if the person tests negative for active SARS-CoV-2 infection within the 48 hours before ending quarantine. Currently testing resources are not sufficiently available to adopt this approach, and risk of transmission is increased.