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

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

If you have been identified as a 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:

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 that 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) and/or loss of taste or smell.
3. Write your temperature and symptoms in the log.
4. Protect others!
   - 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
   - Keep your distance from others (about 6 feet or 2 meters)
5. If you need to seek medical care for other reasons **call ahead** to your healthcare 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 If the health department asks you to report your temperature and any symptoms, please follow their instructions.

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

3/31/2020

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), or loss of taste or smell:**

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.
2. Cover your mouth and nose with a tissue or your sleeve (not your hands) when coughing or sneezing.
3. 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. Always wash hands with soap and water if hands are visibly dirty.
4. 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 7 days have passed since your symptoms first appeared

        AND

   - At least 72 hours (3 days) have passed since recovery (the resolution of fever without the use of fever-reducing medications with improvement of respiratory symptoms).
5. Review these additional resources:
     - [What to do if you are sick](#)
     - [Caring for yourself at home](#)
     - [Preventing the spread of COVID-19 in homes](#)
     - [Cleaning and disinfection guide](#)

Self-Quarantine Template

Write your symptoms and temperature in the space below every day for 14 days:

DAY	DATE	SYMPTOMS	TEMP
DAY 0		**Day 0 is the day of your last potential exposure**	
DAY 1			
DAY 2			
DAY 3			
DAY 4			
DAY 5			
DAY 6			
DAY 7			
DAY 8			
DAY 9			
DAY 10			
DAY 11			
DAY 12			
DAY 13			
DAY 14			

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

3/31/2020