List of Underlying Medical Conditions (adapted from CDC):

**Phase 1b: Two or more conditions**
- Cancer
- Chronic Kidney Disease
- COPD (Chronic Obstructive Pulmonary Disease) and other high-risk pulmonary disease
- Down Syndrome
- Heart Conditions, such as heart failure, coronary artery disease, or cardiomyopathies
- Immunocompromised states

**Phase 3a: One or more conditions**
- Obesity (body mass index of 30 kg/m or higher)
- Pregnancy
- Sickle cell disease
- Type 2 Diabetes Mellitus

**Note:** DPHS allows a health care provider to vaccinate any patient assessed to have significant risk for severe illness due to co-morbidities, even if not listed here. This list does not include every condition that might increase one's risk for developing severe illness from COVID-19, such as those for which evidence may be limited (e.g., rare conditions or combinations of conditions).
If You Have COVID-19: A Guide to Isolation

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

**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.

**Tell your close contacts**

Household Contacts: Tell the people you live with about your COVID-19 infection. They must self-quarantine for 10 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 when your symptoms start (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 10 days following their last exposure to you while you were able to infect them.

NH DPHS does not recommend “testing out” of quarantine. This option suggests a person could end quarantine after 7 days if the person tests negative for COVID-19 on day 6-7. Currently testing resources are not sufficiently available to adopt this approach, and risk of transmission is increased with this approach. 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.

**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

This document is available online at: https://www.dhhs.nh.gov/dphs/cdcs/covid19/documents/self-isolation-covid.pdf
### If you live with someone who has COVID-19 and cannot avoid continued close contact

I live in a household where I cannot avoid close contact with the person who has COVID-19. I am providing direct care to the person who is sick, don't have a separate bedroom to isolate the person who is sick, or live in close quarters where I am unable to keep a physical distance of 6 feet.

You should avoid contact with others outside the home while the person is sick, and quarantine for 10 days after the person who has COVID-19 meets the criteria to end home isolation.

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<th>Date</th>
<th>Monday</th>
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<th>Thursday</th>
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<th>Saturday</th>
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<tbody>
<tr>
<td>Person gets sick/has COVID-19: Start Isolation</td>
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<td>3</td>
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<td>10 DAY QUARANTINE</td>
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Adapted from the Centers for Disease Control and Prevention
Quarantine After Being Exposed to COVID-19

If you have been identified as a close contact to someone diagnosed with COVID-19, then you are at risk of developing COVID-19 sometime in the next 2-14 days, so you need to follow these guidelines:

1. **Stay home (quarantine) for 10 days**
   - You must stay at your home and avoid other people for 10 days after you were last exposed to a person with COVID-19. You may 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.
   - Keep your distance from others in your household (at least 6 feet).
   - Wear a cloth face covering to protect those around you.

As long as you don’t develop symptoms of COVID-19, you can stop quarantine after 10 days from the date of your last exposure to a person with COVID-19. You should continue to practice social distancing, avoid social and other group gatherings, always wear a face mask when around other people, and practice good hand hygiene.

2. **Get tested**
   - Get tested 5 – 7 days after your exposure to a person with COVID-19. This should be a test that detects active infection – preferably with a nose swab that is tested with a PCR-based test (which tests for active coronavirus infection). You can find testing locations on our COVID-19 Testing webpage.
   - A negative test does NOT allow you to end quarantine early (you still need to quarantine for 10 days), but a test does help to identify infection early even if you’re not showing symptoms, and so it can help prevent spread and protect others around you.

3. **Monitor for symptoms**
   - Take your temperature. You should do this twice a day for 14 days after you were exposed (even if you end your quarantine after 10 days), and take your temperature anytime you feel like you might have a fever.
   - Watch closely for other potential symptoms of COVID-19 such as respiratory illness (cough, sore throat, runny nose, shortness of breath), body symptoms (fatigue, chills, muscle aches), change in taste or smell, nausea, vomiting, or diarrhea, even after you end your quarantine.
   - If you develop any symptoms of COVID-19:
     1. Seek medical advice and get tested – call ahead before you go to a healthcare provider’s office or emergency room. Tell them you are under quarantine and have symptoms.
     2. If you test positive for COVID-19, then you need to follow the Isolation Guide instructions for how long you need to stay home due to diagnosed COVID-19, which is typically ten days from the start of your symptoms or ten days from the date of your positive test, if you do not have symptoms.

4. **Take care of yourself**
   Reach out to your healthcare provider or seek emergency care if you have any concerns about your health. Social 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 quarantine. 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 are under quarantine for COVID-19 exposure.

   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

* You do NOT need to stay home (quarantine) for 10 days or get tested for COVID-19 if either of the following apply:
  1. You are fully vaccinated against COVID-19 and more than 14 days have passed since you received the second dose of your COVID-19 vaccine.
  2. You have previously tested positive for active COVID-19 infection (by PCR or antigen testing) in the last 90 days (if you had a previous infection that was more than 90 days ago, then you still need to follow all of these guidelines).

However, you still need to monitor yourself for symptoms of COVID-19, practice social distancing, avoid social and other group gatherings, always wear a face mask when around other people, and practice good hand hygiene at all times.

This document is available online at:

1/11/2021
Quarantine: for People Exposed to COVID-19

Safest (Most Protective): Full 14 Days

Full 10-Days With No Testing - acceptable alternative

Full 7-Days With Testing (Test-Out for Essential Workers ONLY)

Quarantine at home

Released from quarantine (beginning day 11), but monitor for symptoms and take precautions

Released from quarantine (beginning day 8) after receiving negative test results (must be RT-PCR molecular test), but monitor for symptoms and take precautions

Day 0
Date of most recent exposure

Day 5
Earliest day to get a test

Day 7

Day 10

Day 14

*Adapted from Missouri DHHS