

Quarantine Guide for Unvaccinated People Exposed to COVID-19 in their Household

If you are unvaccinated and have been identified as a household contact to someone diagnosed with COVID-19, then you are at risk of developing COVID-19 in the 14 days after you were exposed, and you should follow these instructions.

Household Contact: any individual who lives and sleeps in the same indoor shared space as another person diagnosed with COVID-19 (either a temporary or permanent living arrangement), leading to close contact and potential repeated exposure to the person with COVID-19. This includes situations where there may be temporary but prolonged exposure such as occurs as sleep-over events, shared camp cabins, vacation rentals, etc.

Stay Home (Quarantine) for 10 days from last exposure*

- You should stay at your home and avoid other people for 10 days after your last close contact with the household member with COVID-19 while they are considered infectious (their 10-day isolation period). You can begin your 10 day quarantine period sooner if the person with COVID-19 sleeps in a different room than you and you can avoid ongoing close contact in your home.
- You should not go out in public places - not even to the grocery store or to run errands. Please 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 facemask to protect those around you.

As long as you don't develop symptoms of COVID-19, you can stop quarantine after 10 days have passed starting from the day of your last exposure to the person with COVID-19.

Get tested

- Get tested 5 – 7 days after your last exposure to a person with COVID-19. This should be a test that detects active infection using a PCR-based test on a nose swab. You can find testing locations on our COVID-19 testing guidance webpage.
- A negative test does NOT mean that you can 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 it can help prevent spread and protect others around you.
- If you test positive for COVID-19, then you need to follow the instructions found in the Isolation Guide.

Monitor for symptoms

- Take your temperature. You should do this twice a day for 14 days after your last exposure (even if you end your quarantine after 10 days), and take your temperature anytime you feel like you might have a fever.
- Monitor yourself 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: Seek medical advice and get tested – call ahead before you go to a healthcare provider's office or emergency room. Tell them you were recently exposed to someone with COVID-19 and have symptoms.

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:

What to do if you are sick | Caring for yourself at home | Cleaning and disinfecting your home | Coping with stress

You do NOT need to stay home (quarantine) for 10 days but it is recommended that you be tested 3-5 days after exposure (or if you develop symptoms), and to wear a mask in public indoor settings for 14 days after exposure or until you receive a negative test result if:

1. You are fully vaccinated against COVID-19 and more than 14 days have passed since you received the last recommended dose of a COVID-19 vaccine series
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 instructions).

This document is available online at:

<https://www.dhhs.nh.gov/dphs/cdcs/covid19/documents/self-quarantine-covid.pdf>

Self-Observation Guide for People Exposed to COVID-19 Who Are Not Required to Quarantine

If you were in close contact* with someone with COVID-19 in the community (non-household contact), you should follow the instructions below. If you are a household close contact** to someone with COVID-19 but you are fully vaccinated, you should also follow these instructions.

Monitor for symptoms

Monitor yourself closely for potential symptoms of COVID-19 for 14 days after your exposure, including: fever, respiratory illness (cough, sore throat, runny nose, shortness of breath), whole body symptoms (fatigue, chills, muscle aches), change in taste or smell, nausea, vomiting, or diarrhea

Get Tested and Wear a Face Mask in Indoor Public Places

If you live or sleep in a shared space with someone diagnosed with COVID-19 (household close contact) and you are fully vaccinated against COVID-19, you do not need to quarantine. You should get tested for COVID-19 with a PCR-based test 3-5 days after your exposure (even if you do not have any symptoms). You should also wear a facemask in indoor public settings for 14 days, or until you receive a negative test result.

If you had close contact exposure to someone diagnosed with COVID-19 in the community (non-household close contact), you should also consider following the above recommendations for testing and face mask use (even if you do not have any symptoms).

If you become sick

If you develop any symptoms of COVID-19, you should:

- Stay home and isolate from other people, including those you live with
- Seek medical advice for any concerning symptoms – call ahead before you go to a healthcare provider’s office or emergency room, and tell them you were recently exposed to COVID-19
- Get tested for COVID-19 – you can find testing locations here
 - If you test negative, you should still stay home until you are fever-free for at least 24 hours (off any fever-reducing medications) and other symptoms are improving
 - If you test positive, you should follow the instructions found in the Isolation Guide

Take care of yourself and others

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

- Get fully vaccinated against COVID-19
- Wash your hands often with soap and water for at least 20 seconds. If soap and water are not readily available, use an alcohol-based hand sanitizer that contains at least 60% alcohol
- Avoid touching eyes, nose and mouth with unwashed hands
- Cover your mouth and nose with a tissue or your sleeve (not your hands) when coughing or sneezing
- Attempt to stay 6 feet away from others and wear a facemask when in indoor public locations to protect yourself and others from COVID-19

**Close contact being within 6 feet of a person with COVID-19 for a cumulative time of 15 minutes or more within a 24 hour period.*

***Household Contact: any individual who lives and sleeps in the same indoor shared space as another person diagnosed with COVID-19 (either a temporary or permanent living arrangement), leading to close contact and potential repeated exposure to the person with COVID-19. This includes situations where there may be temporary but prolonged exposure such as occurs as sleep-over events, shared camp cabins, vacation rentals, etc*