

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

If you have been identified as a contact to someone diagnosed with COVID-19 or have returned from a country with a [level 3 travel advisory](#) for COVID-19, follow these guidelines for self-quarantine for 14 days from your last potential exposure:

1. Take your temperature with a thermometer at least two times a day and watch for cough or difficulty breathing.
2. Stay home from school and work.
3. Employees: Discuss your work situation with your employer before returning to work.
4. Do not take public transportation, taxis, or ride-shares.
5. Try not to have any visitors to your house during this time. If you have visitors tell them that you are under COVID-19 self-quarantine.
6. Keep your distance from others (about 6 feet or 2 meters).
7. If you get sick with fever, cough, shortness of breath, or other signs of respiratory illness, call the health department at 603-271-4496.
8. If you need to seek medical care for other reasons, such as dialysis, **call ahead** to your doctor and tell them about your recent travel.



If you have a medical emergency, call 911. Tell them your symptoms and that you are being monitored for 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:

- Take your temperature and/or that of family members who are being monitored and cannot do so themselves.
- In addition to fever, be alert for any other symptoms of COVID-19, including cough or shortness of breath.
- Write your temperature and any symptoms in the log.
- Family members who are not being monitored, do not need to record symptoms.

Step 2 If the health department asks you to report your temperature and any symptoms, follow their instructions.

Step 3 If you have fever, cough, or shortness of breath:

1. Do not go out in public.
2. Call the health department at 603-271-4496. Tell them you are under COVID-19 quarantine.
3. Seek medical advice – call ahead before you go to a doctor’s office or emergency room. Tell them you are under COVID-19 quarantine and about your symptoms, and guidance received from the health department.
4. Avoid contact with others.
5. Reminder: do not take public transportation, taxis, or ride-shares.
6. Cover your mouth and nose with a tissue or your sleeve (not your hands) when coughing or sneezing.
7. 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.

Self-monitoring 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			



*If you get sick, contact the health department at **603-271-4496** and remind them of your travel.*

Your daily health checks are complete at 14 days after you left the country of travel, or as indicated by public health authorities.