

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

- This guidance is intended for travelers from countries with a [level 3 travel advisory](#). These travelers are advised to stay home and monitor their health for 14 days following travel.
- Travelers from countries with a [level 2 travel advisory](#) should use a different guide, called the [self-observation guidance](#).

If you have returned from a country with a [level 3 travel advisory](#) for COVID-19, follow these guidelines for self-quarantine for 14 days following travel:

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 self-quarantine.
6. Keep your distance from others (about 6 feet or 2 meters).
7. If you get sick with fever, cough, or trouble breathing, 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 where you traveled from.

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 traveled with you 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 did not travel with you do not need to be monitored.

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 of your recent travel and that you are self-monitoring.
3. Seek medical advice – call ahead before you go to a doctor’s office or emergency room. Tell them about your recent travel, 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 you left | |
| DAY 1 | | <div><div></div><div></div></div> | |
| DAY 2 | | <div><div></div><div></div></div> | |
| DAY 3 | | <div><div></div><div></div></div> | |
| DAY 4 | | <div><div></div><div></div></div> | |
| DAY 5 | | <div><div></div><div></div></div> | |
| DAY 6 | | <div><div></div><div></div></div> | |
| DAY 7 | | <div><div></div><div></div></div> | |
| DAY 8 | | <div><div></div><div></div></div> | |
| DAY 9 | | <div><div></div><div></div></div> | |
| DAY 10 | | <div><div></div><div></div></div> | |
| DAY 11 | | <div><div></div><div></div></div> | |
| DAY 12 | | <div><div></div><div></div></div> | |
| DAY 13 | | <div><div></div><div></div></div> | |
| DAY 14 | | <div><div></div><div></div></div> | |



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.