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

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

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

<u>**Self-Isolation**</u> means you must stay at your home and isolate from other people, including those you live with. You may not go out in public places - not even to the grocery store or to run other errands. You also may not visit with other people outside of your home, and you may not invite others into your house to visit.

*If you have a medical emergency, call 911. Tell them your symptoms and that you are isolated due to COVID-19.

You must stay at home until:

- At least 10 days have passed since your symptoms first appeared

    AND

- At least 72 hours (3 days) have passed since recovery (resolution of fever without the use of fever-reducing medications **and** improvement in respiratory symptoms)

Review these additional resources to help keep your home clean and protect others who live in your home:

- [What to do if you are sick](#)
- [Caring for yourself at home](#)
- [Preventing the spread of COVID-19 in homes](#)
- [Cleaning and disinfection guide](#)

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

5/4/2020