

## **Coronavirus Disease 2019 (COVID-19) Self-Observation Guide**

**The New Hampshire Division of Public Health Services (DPHS) strongly recommends you protect yourself and others by following these steps for self-observation.**

1. Practice strict respiratory etiquette and hygiene including covering your nose and mouth with a tissue when coughing or sneezing and washing hands often with soap and water for at least 20 seconds, or using an alcohol-based hand sanitizer if soap is not available.
2. If you feel feverish, develop respiratory illness (cough, sore throat, runny nose or shortness of breath), mild flu-like illness (fatigue, chills, or muscle aches), or loss of taste or smell :
  - Take your temperature.
  - Limit contact with others.
  - Seek health advice safely. Before going to a doctor's office or emergency room call ahead and tell the provider or office about your potential exposure to COVID-19 and symptoms.
3. If you become sick, you should stay home and isolate from other people, including those you live with. 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).
4. Review these additional resources:
    - [What to do if you are sick](#)
    - [Caring for yourself at home](#)
    - [Preventing the spread of COVID-19 in homes](#)
    - [Cleaning and disinfection guide](#)

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

- Wash hands frequently with soap and water for at least 20 seconds. If soap and water are not available, use alcohol-based hand sanitizers.
- Avoid touching eyes, mouth and nose with unwashed hands.
- Do not share personal items such as water bottles, smokes and/or vapes.
- Avoid close contact with individuals who are sick.
- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then immediately discard the tissue in the trash.
- Clean and disinfect frequently touched objects and surfaces.
- When outside your home, keep a distance of at least 6 feet between yourself and others. This is known as social distancing.

Information about COVID-19 evolves quickly and recommendations from public health officials may change. Please check the following websites often for updated information:

- U.S. CDC website  
<https://www.cdc.gov/coronavirus/2019-ncov/summary.html>
- NH DPHS website  
<https://www.nh.gov/covid19/>

