









COVID-19: What are isolation, quarantine, and self-observation?

*Adapted from the Vermont Department of Health

For more information call 2-1-1 or visit <https://www.nh.gov/covid19/>



	Question?	Isolation	Quarantine	Self-Observation
	For Whom?	People sick with COVID-19 or tested positive for COVID-19 but did not have any symptoms.	People who: <ul style="list-style-type: none"> were in close contact with someone sick with COVID-19, or are returning to NH from travel (except from select states in the Northeast) ⁽²⁾ 	All other Granite Staters.
	Do I stay home?	Yes	Yes	Staying home is the best way to lower your risk. Follow prevention guidance when you go out.
	Can I go to work?	No. Work at home if your job allows and if you feel well enough.	No. Work at home if your job allows.	Follow health and safety guidance while at work. Work at home if you can.
	Can I go outside for walks, bike rides, and hikes?	With health department approval. Keep six feet away from people you don't live with and wear a cloth mask.	With health department approval. Keep six feet away from people you don't live with and wear a cloth mask.	Yes. Keep six feet away from people you don't live with. Wear a cloth mask if you can't stay six feet from others.
	Can I go out for groceries and other essential items like medication?	Not until you have recovered. ⁽¹⁾	Not until 14 days have passed since last exposure.	Yes. Keep six feet away from people you don't live with. Wear a cloth mask if you can't stay six feet from others. Wash your hands often.
	Do I stay in a separate room in my home?	If possible, stay in a separate room until you have recovered. ⁽¹⁾	If possible, stay in a separate room until 14 days have passed and no symptoms have appeared. ⁽²⁾	No
	What if I start to feel ill?		Start isolation and call your healthcare provider.	Start isolation and call your healthcare provider.

1. Recovery is defined as A) At least 10 days have passed since your symptoms first appeared AND B) At least one day (24 hours) has passed with resolution of fever and without the use of fever-reducing medication, AND C) Other symptoms have improved for at least 1 day. If you didn't have symptoms when you were tested, recovery is when 10 days have passed since the date of your first positive test and you continued to have no symptoms.

2. **For close contacts:** 14 days since the day you were last in close contact with the person with COVID-19. If you live with someone who has COVID-19, quarantine lasts for an additional 14 days after that individual's recovery, For returning travelers: 14 days since travelling internationally, or outside of ME, NH, VT, CT, RI, MA, irrespective of the mode of travel (public vs. private), or on a cruise. Information at <https://www.dhhs.nh.gov/dphs/cdcs/covid19/documents/employee-travel-guidance.pdf> *You may get tested during your quarantine period even if you never had any symptoms. Call your provider to arrange for testing or [visit our website](#).