



SEOC ESF-4 COVID-19 Travel and Unprotected Exposure Quarantine Guidelines Updated 12/4/2020

The State of New Hampshire has adopted the following quarantine guidelines for any travel out of the New England region and for all unprotected exposure algorithms.

Updated Quarantine Requirements-General

If you have been identified as having an unprotected exposure to someone diagnosed with COVID-19, then you are at risk of developing COVID-19 yourself and need to follow these guidelines;

- You must stay at your home and avoid other people for 10 days after you were last exposed to a person with COVID-19. You may not go out in public places - not even to the grocery store or to run errands.
- Do not visit with other people outside of your home, and do not invite others into your house to visit. If you must have visitors, tell them that you are under quarantine.
- Keep your distance from others in your household (at least 6 feet). Wear a cloth face covering to protect those around you.
- Someone who was exposed to COVID-19 can develop illness and test positive anytime during the 10-day period.

Updated Quarantine Requirements-Critical Infrastructure Agencies/First Responders

Critical infrastructure agencies experiencing significant staff shortages due to employees being out on quarantine resulting in the inability to maintain operations may permit essential employees to work during their quarantine period if all of the following criteria are met:

- The employee is not exhibiting any signs or symptoms of COVID-19
- The employee is not a household contact to a confirmed case of COVID-19
- The employee is deemed essential to the functioning of the business and substantial business impact would be experienced if the employee does not work in person
- The employee cannot conduct essential functions remotely
- There is no replacement personnel for the employee
- The employee self-quarantines for all other purposes other than reporting to work
- The employee wears a mask, maintains at least 6 feet of separation from other employees and customers, and participates in daily health screening while at work as outlined in CDC guidance

Updated Quarantine Requirements-Out of New England Region Travel

Travelers/visitors to AND residents of NH need to self-quarantine for 10 days following the last date of any high-risk travel, which includes travel internationally (including to/from Canada); on a cruise ship; or domestically outside of the New England states of Maine, Vermont, Massachusetts, Connecticut, or Rhode Island for nonessential purposes.

People meeting the criteria for high-risk travel have the option of ending their quarantine after day 7 by getting a test on day 6-7 of their quarantine to test for active SARS-CoV-2 infection (SARS-CoV-2 is the novel coronavirus that causes COVID-19); this test must be a molecular test (e.g., PCR-based test); antigen tests (rapid tests) are not accepted for this purpose.

If the test is obtained on day 6-7 of quarantine, the person is asymptomatic, and the test is negative, then the person can end their quarantine after 7 days, but they must still self-observe for symptoms of COVID-19 and strictly adhere to COVID-19 mitigation measures (social distancing, avoiding social gatherings, wearing a face mask, practicing frequent hand hygiene, etc.) for a full 14 days after their last day of travel.

Any new symptoms of COVID-19 should prompt the person to isolate and seek testing again (even if the person recently tested out of quarantine). This 7-day quarantine “test out” option ONLY applies to travel-related quarantine (not quarantine due to a high-risk close contact exposure to a person with COVID-19).

<https://www.dhhs.nh.gov/dphs/cdcs/covid19/documents/employee-travel-guidance.pdf>

For more information on quarantine guidance scenarios please visit NH DHHS at <https://www.dhhs.nh.gov/>

Please feel free to contact the ESF-4 desk at (603) 223-3718 with any questions.