

# Isolation Guide for People Who Have COVID-19

If you have [symptoms of COVID-19](#), you should be tested so you can know if you actually have COVID-19.

If you test positive for COVID-19, please follow these instructions.

## 1 Stay home

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

**If you have symptoms of COVID-19 with your positive test, you must stay at home until:**

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

AND

- At least 24 hours have passed since you had a fever (without using fever-reducing medications like acetaminophen or ibuprofen), **and** your symptoms are improving

**If you do NOT have symptoms but have a positive COVID-19 test, you must stay at home until:**

- At least 10 days have passed since the date of collection of your positive COVID-19 test, assuming you don't develop symptoms. If you develop symptoms then follow the instructions above.

## 2 Tell your contacts

**Household Contacts:**\* Tell your household contacts about your COVID-19 infection. They will need to [self-quarantine](#) for at least 10 days starting the day after their last exposure to you while you were able to infect them, which is usually for ten days after the start of your symptoms (or 10 days from your positive test date if you don't have symptoms). If you don't stay separate from other people in your household while in isolation, then they may need to self-quarantine for [longer than 10 days](#). You should also clean your home and follow CDC [recommendations](#) to protect others.

**Contacts Outside Your Household:** We encourage you to tell non-household contacts about your COVID-19 infection if you were in close contact with them at any point during the two days before you developed COVID-19 symptoms (or two days before you tested positive, if you don't have symptoms) through your last day of isolation. "Close contact" means you were closer than 6 feet to the person for more than ten total minutes while you had COVID-19. These people should monitor themselves closely for symptoms and, if they develop symptoms, isolate and seek testing.

- You may provide your non-household contacts the public health [Self-Observation Guide](#) which has further instructions on monitoring for signs and symptoms for COVID-19 and seeking testing.
- If you have questions about talking to your non-household contacts or if you think you may have become ill as part of a potential outbreak, please call the NH Department of Health and Human Services at 603-271-4496.

## 3 Take care of yourself

**Support While in Isolation:** Reach out to your healthcare provider or seek emergency care if you have any worsening of [symptoms](#). Isolation can be lonely. Connect with others through phone, video chat, text, and email. Seek help from others to safely provide you and your household food and supplies you need while in isolation. If you need support to maintain isolation, call 211 (TTY: 603-634-3388).

**If you have a medical emergency, call 911. Tell them that you have COVID-19.**

Please review these resources to help keep your home clean and protect others:

- [What to do if you are sick](#) and [Caring for yourself at home](#)
- [Cleaning and disinfecting your home](#)
- [Coping with stress](#)

\* **Household Contact:** any individual who lives and sleeps in the same indoor shared space as another person diagnosed with COVID-19 (either a temporary or permanent living arrangement), leading to close contact and potential repeated exposure to the person with COVID-19. This includes situations where there may be temporary but prolonged exposure such as occurs as sleep-over events, shared camp cabins, vacation rentals, etc.