





# COVID-19 Isolation and Quarantine Guidance: Updated January 6, 2022

Based on guidance from the [New Hampshire Department of Health and Human Services](#)

	I have been <b>exposed*</b> to someone who has tested positive for COVID-19 and I am <b>fully vaccinated</b> and I have <b>no symptoms</b>	I have been <b>exposed*</b> to someone who has tested positive for COVID-19 and I am <b>not fully vaccinated</b> and I have <b>no symptoms</b>	I tested <b>positive</b> for COVID-19 and I <b>have symptoms</b>	I tested <b>positive</b> for COVID-19 and I <b>do not have symptoms</b>
	<ul style="list-style-type: none"> <li>I do not need to stay home (Isolate).</li> </ul>	<ul style="list-style-type: none"> <li>I need to <b>stay home (Isolate) for 5 days</b> after exposure. Day one is the day after I was exposed.</li> </ul>	<ul style="list-style-type: none"> <li>I need to <b>stay home (Isolate) for 5 days</b>. Day one is the day after I developed symptoms.</li> </ul>	<ul style="list-style-type: none"> <li>I need to <b>stay home (Isolate) for 5 days</b>. Day one is the day after I tested positive.</li> </ul>
	<ul style="list-style-type: none"> <li>It's recommended for me to <b>test for COVID-19 5 days after</b> I was exposed</li> <li>If I develop symptoms, it's recommended that I isolate and get tested.</li> </ul>	<ul style="list-style-type: none"> <li>I need to <b>watch for symptoms</b> for COVID-19 for <b>up to 10 days</b>.</li> <li>It's recommended for me to <b>test for COVID-19 5 days after</b> I was exposed and/or if I develop symptoms.</li> </ul>	<ul style="list-style-type: none"> <li>To end isolation after 5 days, I need to be <b>fever-free</b> (off fever-reducing medications) <b>with other symptoms improving for at least 24 hours</b>.</li> </ul>	<ul style="list-style-type: none"> <li>No other tests are needed.</li> </ul>
	<ul style="list-style-type: none"> <li>I am required to wear a <b>face mask for 10 days</b> (day one is the first day I was exposed).</li> </ul>	<ul style="list-style-type: none"> <li>I am required to wear a <b>face mask for 10 days</b> (day one is the first day I was exposed). If I am unable or unwilling to wear a mask, I must isolate for 10 days instead.</li> </ul>	<ul style="list-style-type: none"> <li>I am required to wear a <b>face mask for 10 days</b> (day one is the first day I developed symptoms). If I am unable or unwilling to wear a mask, I must isolate for 10 days instead.</li> </ul>	<ul style="list-style-type: none"> <li>I am required to wear a <b>face mask for 10 days</b> (day one is the day I tested positive). If I am unable or unwilling to wear a mask, I must isolate for 10 days instead.</li> </ul>
	<ul style="list-style-type: none"> <li>I should avoid recreational travel until 10 days have passed since I was exposed.</li> </ul>	<ul style="list-style-type: none"> <li>I should avoid recreational travel until 10 days have passed since I was exposed.</li> </ul>	<ul style="list-style-type: none"> <li>I should avoid recreational travel until 10 days have passed since I tested positive.</li> </ul>	<ul style="list-style-type: none"> <li>I should avoid recreational travel until 10 days have passed since I tested positive.</li> </ul>

\* **What does “being exposed” mean?** Per the guidance provided by the New Hampshire Department of Health and Human Services, an “exposure” continues to be defined as a close-household contact (including sleepovers) with someone who has tested positive for COVID.