

# If You Have Been Exposed to COVID-19: A Guide to Quarantine

If you have been identified as a close contact to someone diagnosed with COVID-19, then you are at risk of developing COVID-19 yourself and need to follow these guidelines:

## 1 Stay home for 10 days

- 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 14-day period.

For questions about exceptions to quarantine for essential travel or work, please read this [guidance](#).

As long as you don't develop symptoms of COVID-19 during quarantine, you can stop quarantine after 14 days from the date of your last close contact to a person with COVID-19.

## 2 Get tested

- Get tested 5 – 7 days after your close contact to a person with COVID-19. This should be a test that detects active infection – preferably with a nose swab that is tested with a PCR-based test (which detects the genetic material of the novel coronavirus). You can find testing locations on our [COVID-19 Testing webpage](#).
- NH DPHS does not recommend “testing out” of quarantine. This option suggests a person could end quarantine after 7 days if the person tests negative for COVID-19 on day 6-7. Currently testing resources are not sufficiently available to adopt this approach, and risk of transmission is increased with this approach.

## 3 Monitor for symptoms

- Take your temperature with a thermometer and/or the temperature of family members who were exposed and cannot do so themselves. You should do this two times a day or anytime you feel like you might have a fever.
- Watch for other potential symptoms of COVID-19 such as respiratory illness (cough, sore throat, runny nose, shortness of breath), whole body symptoms (fatigue, chills, muscle aches), change in taste or smell, nausea, vomiting, or diarrhea.
- If you develop any symptoms of COVID-19:
  1. Seek medical advice and get tested – **call ahead** before you go to a healthcare provider's office or emergency room. Tell them you are under quarantine and have symptoms.
  2. If you test positive for COVID-19, then you need to follow the [Isolation Guide](#) instructions for how long you need to stay home due to diagnosed COVID-19, which is typically ten days from the start of your symptoms or ten days from the date of your positive test, if you do not have symptoms.

## 4 Take care of yourself

**Support While in Quarantine:** Reach out to your healthcare provider or seek emergency care if you have any concerns about your health. 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 quarantine. 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 are under quarantine for COVID-19 exposure.**

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

- [Using cloth face covering to help slow the spread of COVID-19](#)
- [What to do if you are sick](#) and [Caring for yourself at home](#)
- [Cleaning and disinfection guide](#)
- [Coping with stress](#)