

Recommendations for Management of Close Contact with Person Diagnosed with COVID-19 System Office Employees - as of March 15, 2020

USNH is following all recommendations of the Centers for Disease Control (CDC) and the New Hampshire Department of Health and Human Services (DHHS).

If there is a confirmed or presumptive positive case of COVID-19 illness identified in a USNH staff member, the office will be informed with details and recommendations.

In the more likely instance of a USNH community member coming in close contact with a person who is later diagnosed with COVID-19 infection the following guidance applies:

- The contact will be advised to stay at home for 14-days in self-quarantine (see below) with monitoring for symptoms of illness. They are to practice social distancing and should not come to work. If a significant fever (temperature >100.4), cough or shortness of breath were to develop, they should call their PCP, Telehealth or urgent care for guidance.

Anyone who has contact with an asymptomatic contact is considered at low risk. According to N.H. DHHS, “household members such as family members, including children, of quarantined individuals are not required to quarantine. As long as they remain asymptomatic, they can leave the home and can go to public places like school and work. If the person being quarantined develops illness, household members must then also stay home on quarantine.”

Contacts of asymptomatic contacts are encouraged to monitor symptoms. If significant fever (temperature >100.4), cough or shortness of breath were to develop, they should call their PCP, Telehealth, or urgent care for guidance.

Travelers returning from countries with CDC risk category Level 3 or higher are advised to maintain 14-day self-quarantine (see below) with monitoring for symptoms of illness. They are to practice social distancing and should not come to work. If significant fever (temperature >100.4), cough or shortness of breath were to develop, they should call their PCP, Telehealth or urgent care for guidance.

The CDC defines close contact as:

a) being within approximately 6 feet (2 meters) of a COVID-19 case for a prolonged period of time; close contact can occur while caring for, living with, visiting, or sharing a healthcare waiting area or room with a COVID-19 case

– or –

b) having direct contact with infectious secretions of a COVID-19 case (e.g., being coughed on)

Guidelines for 14-day self-quarantine

- Stay at home with social restrictions. Do not go to work, classes, or other social activities. Avoid activities in public.
- If possible, use a separate bathroom from other household members.

- If around other people, practice social distancing (about 6 feet or 2 meters).
- Do not take public transportation, taxis or ride shares.
- Self-monitor for fever (>100.4F), cough, and/or shortness of breath. If you experience symptoms, call your primary care physician, or a local urgent care clinic for guidance.
- As long as you remain asymptomatic, other household members can leave the home and can go to public spaces like school and work. If the person in self-isolation develops symptoms, household members must then also stay home and self-isolate.

See the State of NH guidance on self-quarantine: <https://www.dhhs.nh.gov/dphs/cdcs/documents/self-quarantine-covid.pdf>