CITY OF PORTSMOUTH

City Health Officer Guidelines on Home Isolation and Quarantine

STAY HOME.

It is imperative that except for grocery shopping or picking up medications or other absolutely necessary errands, you should stay home.

For people who are in quarantine, which means you are monitoring yourself to see if you develop symptoms but you are not sick and are not known to have Covid-19; please follow these guidelines for 14 days from your last potential exposure:

Coronavirus Disease 2019 (COVID-19) Self-Quarantine Guide

1. Do not go out in public.
2. Take your temperature with a thermometer in the morning and again in the evening, and watch for cough or difficulty breathing.
3. Employees: Discuss your work situation with your employer.
4. Do not take public transportation, taxis, or ride-shares.
5. Try not to have any visitors to your house during this time. If you have visitors tell them that you are under COVID-19 quarantine.
6. Keep your distance from others (about 6 feet or 2 meters).
7. If you get sick with fever, cough, shortness of breath, or other signs of respiratory illness, call your health care provider.
8. If you need to seek medical care for other reasons call ahead to your doctor and tell them you are under COVID-19 quarantine. If you have a medical emergency, call 911. Tell them your symptoms and that you are being monitored for COVID-19.
9. **Wear a facemask** -- You should wear a facemask when you are around other people (e.g., sharing a room or vehicle) or pets and before you enter a healthcare provider's office. If you are not able to wear a facemask (for example, because it causes trouble breathing), then people who live with you should not stay in the same room with you, or they should wear a facemask if they enter your room. EVERYONE should wear a facemask when out in public. Fabric masks are ok for this purpose and do not take needed medical grade masks away from healthcare worked and First Responders.

If you have suspected or confirmed Covid-19 but do not need to be hospitalized, OR if you have suspected or confirmed Covid-19 and were hospitalized but are stable enough to go home, follow this guidance from the CDC for home isolation.

Stay home except to get medical care. Call ahead before visiting your doctor. Inform them that you have or are expected to have Covid-19.

Do not go to work, school, or public areas. Avoid using public transportation, ride-sharing, or taxis.

Separate yourself from other people and animals in your home

Stay in a specific room and away from other people in your home, as much as possible. Also, you should use a separate bathroom, if available.

Animals: You should restrict contact with pets and other animals while you are sick with COVID-19, just like you would around other people. Although there have not been reports of pets or other animals becoming sick with COVID-19, it is still recommended that people sick with COVID-19 limit contact with animals until more information is known about the virus. When possible, have another member of your household care for your animals while you are sick. If you are sick with COVID-19, avoid contact with your pet, including petting, snuggling, being kissed or licked, and sharing food. If you must care for your pet or be around animals while you are sick, wash your hands before and after you interact with pets and wear a facemask.

Cover your mouth and nose with a tissue when you cough or sneeze. Throw used tissues away. Immediately wash your hands with soap and water for at least 20 seconds or, if soap and water are not available, clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol.

Wash your hands often -- Wash your hands often with soap and water for at least 20 seconds, especially after blowing your nose, coughing, or sneezing; going to the bathroom; and before eating or preparing food. If soap and water are not readily available, use an alcohol-based hand sanitizer with at least 60% alcohol, covering all surfaces of your hands and rubbing them together until they feel dry. Soap and water are the best option if hands are visibly dirty. Avoid touching your eyes, nose, and mouth with unwashed hands.

Avoid sharing personal household items -- You should not share dishes, drinking glasses, cups, eating utensils, towels, or bedding with other people or pets in your home. After using these items, they should be washed thoroughly with soap and water.

Clean all "high-touch" surfaces everyday -- High touch surfaces include counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets, and bedside tables. Also, clean any surfaces that may have blood, stool, or body fluids on them. Use a household cleaning spray or wipe, according to the label instructions. Labels contain instructions for safe and effective use of the cleaning product including precautions you should take when applying the product, such as wearing gloves and making sure you have good ventilation during use of the product.

Monitor your symptoms -- Seek prompt medical attention if your illness is worsening (e.g., difficulty breathing). Before seeking care, call your healthcare provider and tell them that you have, or are being evaluated for, COVID-19. Put on a facemask before you enter the facility. These steps will help the healthcare provider's office to keep other people in the office or waiting room from getting infected or exposed. Ask your healthcare provider to call the local or state health department. Persons who are placed under active monitoring or facilitated self-monitoring should follow instructions provided NH DHHS

If you have a medical emergency and need to call 911, notify the dispatch personnel that you have, or are being evaluated for COVID-19. If possible, put on a facemask before emergency medical services arrive.

Discontinuing home isolation

Patients with confirmed COVID-19 should remain under home isolation precautions until the risk of secondary transmission to others is thought to be low.

For Persons with COVID-19 Under Home Isolation:

Persons with COVID-19 who have symptoms and were directed to care for themselves at home may discontinue home isolation under the following conditions:

- **At least 7 days have passed since symptoms first appeared, and**
- **At least 3 days (72 hours) have passed since recovery,** defined as resolution of fever without the use of fever-reducing medications and improvement in respiratory symptoms (e.g., cough, shortness of breath).

If you are a member of a household, or an intimate partner or caregiver of a person with symptomatic COVID-19

Household members, intimate partners, and caregivers in a non-healthcare setting may have close contact with a person with symptomatic, laboratory-confirmed COVID-19 or a person waiting for results. Close contacts should monitor their health; they should call their healthcare provider right away if they develop symptoms suggestive of COVID-19 (e.g., fever, cough, shortness of breath)

Close contacts should also follow these recommendations:

Make sure that you understand and can help the patient follow their healthcare provider's instructions for medication(s) and care. You should help the patient with basic needs in the home and provide support for getting groceries, prescriptions, and other personal needs.

- **Monitor the patient's symptoms**. If the patient is getting sicker, call his or her healthcare provider and tell them that the patient has laboratory-confirmed COVID-19. This will help the healthcare provider's office take steps to keep other people in the office or waiting room from getting infected. If the patient has a medical emergency and you need to call 911, notify the dispatch personnel that the patient has, or is being evaluated for COVID-19.

- **Household members should stay in another room or be separated from the patient as much as possible**. Household members should use a separate bedroom and bathroom, if available.
- **Prohibit visitors** who do not have an essential need to be in the home.
- **Household members should care for any pets in the home**. Do not handle pets or other animals while sick. Animals: You should restrict contact with pets and other animals while you are sick with COVID-19, just like you would around other people. Although there have not been reports of pets or other animals becoming sick with COVID-19, it is still recommended that people sick with COVID-19 limit contact with animals until more information is known about the virus. When possible, have another member of your household care for your animals while you are sick. If you are sick with COVID-19, avoid contact with your pet, including petting, snuggling, being kissed or licked, and sharing food. If you must care for your pet or be around animals while you are sick, wash your hands before and after you interact with pets and wear a facemask.

Make sure that shared spaces in the home have good air flow, such as by an air conditioner or an opened window, weather permitting.

Wash your hands often with soap and water for at least 20 seconds or use an alcohol-based hand sanitizer that contains 60 to 95% alcohol, covering all surfaces of your hands and rubbing them together until they feel dry. Soap and water should be used preferentially if hands are visibly dirty.

- **Avoid touching your eyes, nose, and mouth with unwashed hands.**

The patient should wear a facemask when you around other people. If the patient is not able to wear a facemask (for example, because it causes trouble breathing), you, as the caregiver, should wear a mask when you are in the same room as the patient.

- **Wear a disposable facemask and gloves when you touch or have contact with the patient's blood, stool, or body fluids, such as saliva, sputum, nasal mucus, vomit, urine.** Throw out disposable facemasks and gloves after using them. Do not reuse.
- **When removing personal protective equipment, first remove and dispose of gloves**. Then, immediately clean your hands with soap and water or alcohol-based hand sanitizer. Next, remove and dispose of facemask, and immediately clean your hands again with soap and water or alcohol-based hand sanitizer.

Avoid sharing household items with the patient. You should not share dishes, drinking glasses, cups, eating utensils, towels, bedding, or other items. After the patient uses these items, you should wash them thoroughly (see below "Wash laundry thoroughly").

Clean all "high-touch" surfaces, such as counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets, and bedside tables, every day. Also, clean any surfaces that may have blood, stool, or body fluids on them.

- **Use a household cleaning spray or wipe, according to the label instructions**. Labels contain instructions for safe and effective use of the cleaning product including precautions you should take when applying the product, such as wearing gloves and making sure you have good ventilation during use of the product.

Wash laundry thoroughly. Immediately remove and wash clothes or bedding that have blood, stool, or body fluids on them.

- **Wear disposable gloves while handling soiled items** and keep soiled items away from your body. Clean your hands (with soap and water or an alcohol-based hand sanitizer) immediately after removing your gloves.
- **Read and follow directions on labels of laundry or clothing items and detergent.** In general, using a normal laundry detergent according to washing machine instructions and dry thoroughly using the warmest temperatures recommended on the clothing label.
- **Place all used disposable gloves, facemasks, and other contaminated items in a lined container before disposing of them with other household waste**. Clean your hands immediately after handling items. Soap and water should be used preferentially if hands are visibly dirty.

Quarantine for 14 days.