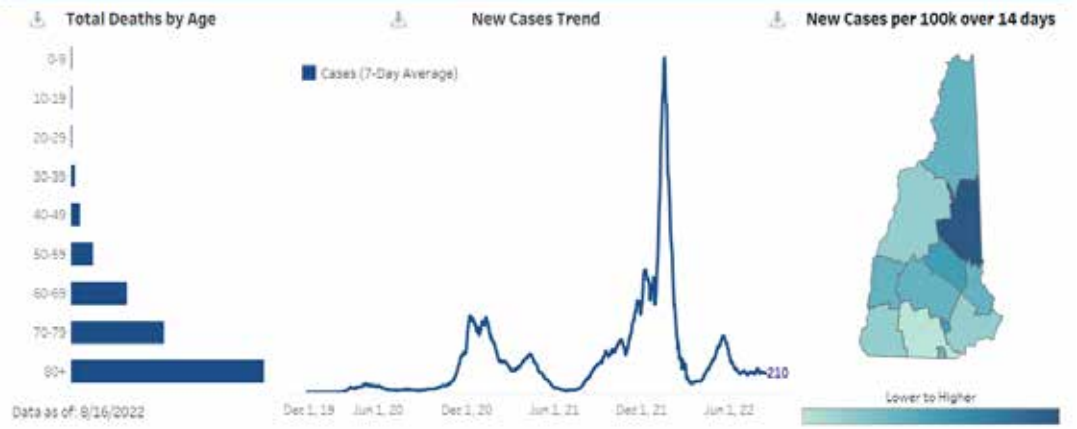
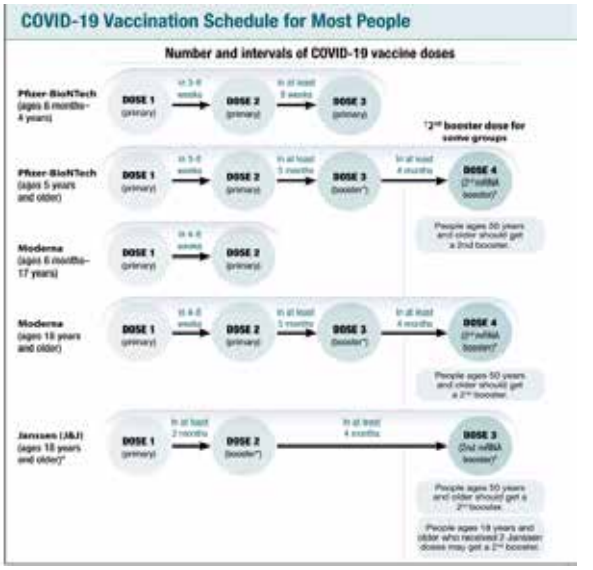
COVID-19 BULLETIN BOARD 8/17/22

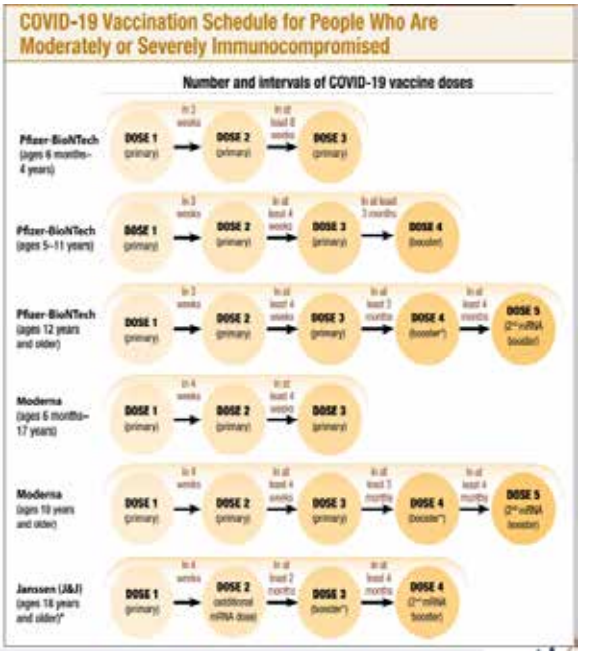


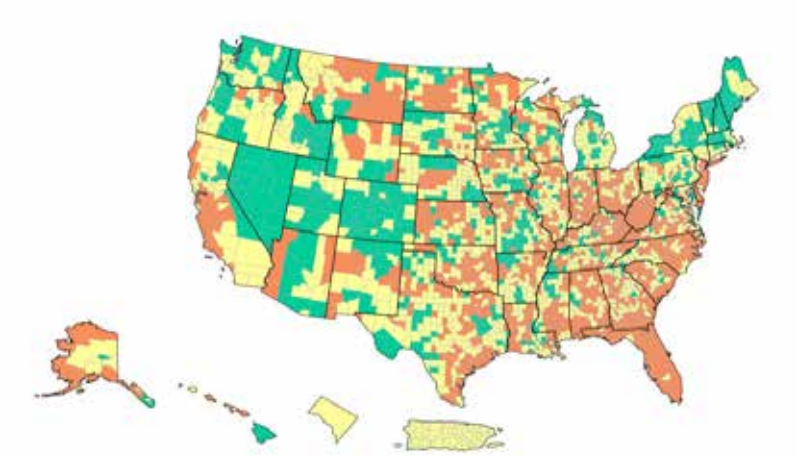
NHDHHS is reporting a 6% decrease in the number of cases for the 7 days ending August 16 compared to the previous 7 days.
CDC is classifying Rockingham County (map below) as "low risk" for community infection.

CDC updated guidelines on August 11, 2022:

- Stress the importance of being up to date with vaccination to protect against serious illness, hospitalization and death.
- Recommend against quarantine for anyone exposed to COVID-19. Instead: wear a high-quality mask for 10 days and get tested on day 5.
- Recommend those who have, or suspect they have, COVID-19: stay home for at least 5 days, isolate in your household and wear a mask when around others (through day 10 if you tested positive). You may end isolation when:
  - If tested, you receive a negative test result and
  - If after 5 days you are fever-free for 24 hours without the use of medication, and your symptoms are improving, or you never had symptoms,
  - If you have contact with people who are more likely to get very sick from COVID-19 that you isolate from them until at least day 11.
- Recommend those who experience moderate illness (shortness of breath or had difficulty breathing) should isolate through day 10.
- Recommend those who had severe illness or have a weakened immune system should consult a doctor before ending isolation.
- Recommend that if your COVID-19 symptoms worsen after ending isolation, you should start another 5 days of isolation.
- Discontinue screening tests for asymptomatic people without known exposures







CDC currently lists all NH counties except Cheshire as "low risk."

For answers to Frequently Asked Questions about Daily Life in a COVID-19 World, visit:
https://www.cityofportsmouth.com/city/daily-life-during-covid-19-faqs