NH DIVISION OF
Public Health Services
Department of Health and Human Services

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

The New Hampshire Division of Public Health Services (DPHS) strongly recommends you protect yourself and others by following these steps for **self-observation for the 14 days following your potential exposure to COVID-19:**

1. Practice strict respiratory etiquette and hygiene including covering your nose and mouth with a tissue when coughing or sneezing and washing hands often with soap and water for at least 20 seconds, or using an alcohol-based hand sanitizer if soap is not available.
2. Remain alert for fever, cough, shortness of breath, or other signs of respiratory illness.
3. If you feel feverish or develop a cough or shortness of breath:
   - Take your temperature.
   - Limit contact with others.
   - Seek health advice. Before going to a doctor's office or emergency room call ahead and tell the provider or office about your potential exposure to COVID-19 and symptoms.

Additional things you can do to keep yourself and others healthy are:

- Wash hands frequently with soap and water for at least 20 seconds. If soap and water are not available, use alcohol-based hand sanitizers.
- Avoid touching eyes, mouth and nose with unwashed hands.
- Do not share personal items such as water bottles, smokes and/or vapes.
- Avoid close contact with individuals who are sick.
- Stay home when you are sick. Remain home for at least 24 hours after you no longer have a fever (without taking fever-reducing medication) or signs of a fever (i.e., chills, feeling warm, flushed appearance).
- Cover your cough or sneeze with a tissue, then immediately discard the tissue in the trash.
- Clean and disinfect frequently touched objects and surfaces.

Outbreaks involving COVID-19 evolve quickly and recommendations from public health officials may change as new information becomes available. Please check the following websites often for updated information:

- U.S. CDC website
  https://www.cdc.gov/coronavirus/2019-ncov/summary.html
- NH DPHS website
  https://www.nh.gov/covid19/