



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

If you are returning to the United States from a country other than China with a <u>travel advisory</u> for **COVID-19**, the New Hampshire Division of Public Health Services (DPHS) strongly recommends you protect yourself and others by following these steps for **self-observation**.

- 1. Remain alert for respiratory symptoms (cough or shortness of breath) and fever.
- 2. 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 recent travel and symptoms.
- 3. 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.

## 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/2019ncov/summary.html
- NH DPHS website
- https://www.dhhs.nh.gov/dphs/cdcs/2019-ncov.htm

