What should I do if...

I've been in close contact with someone...

- who has tested positive for COVID-19?
  - Self-quarantine AND self-monitor

- who is being tested?
  - Self-monitor AND practice social distancing

- who might have been exposed?
  - ...and IS experiencing symptoms?
    - Self-quarantine AND self-monitor
  - ...but IS NOT experiencing any symptoms (yet)?
    - Practice social distancing

- who has been in close contact with someone ELSE who might have been exposed?

How do I...

...self-quarantine?

- STAY HOME for 14 days.
- AVOID CONTACT with other people.
- DON’T SHARE household items.
- Learn more at: https://www.nh.gov/covid19/

...self-monitor?

- BE ALERT for symptoms of COVID-19, especially a dry cough or shortness of breath.
- TAKE YOUR TEMPERATURE every morning and night, and write it down.
- CALL your doctor if you have trouble breathing or a fever (temperature of 100.4°F or 38°C).
- DON’T seek medical treatment without calling first!

...practice social distancing?

- STAY HOME as much as possible.
- DON’T physically get close to people; try to stay at least 6 feet away.
- DON’T hug or shake hands.
- AVOID groups of people and frequently touched surfaces.
- Learn more at: https://www.communitybridgesnh.org/about-us/announcements/

And practice great hygiene!

- WASH your hands frequently
- AVOID TOUCHING your face
- WIPE DOWN frequently touched surfaces

IF YOU HAVE NOT BEEN IN CLOSE CONTACT, OR DO NOT KNOW IF YOU HAVE BEEN IN CLOSE CONTACT, CONTINUE TO SELF MONITOR AND PRACTICE SOCIAL DISTANCING.