

CITY OF PORTSMOUTH



March 14, 2020

COVID-19 RETURNED TRAVELER SELF-QUARANTINE INFORMATION

If you have returned from a country with a level 3 travel advisory for COVID-19 (China, Iran and most countries in Europe), follow these guidelines for self-quarantine for 14 days from your last potential exposure:

1. Take your temperature with a thermometer in the morning and at night, and watch for cough or difficulty breathing.
2. Stay home from school and work.
3. Employees: Discuss your work situation with your employer before returning to work.
4. Do not take public transportation, taxis, or ride-shares.
5. Do not have any visitors to your house during this time. If you have home health care or other necessary in-home services, tell them that you are under COVID-19 self-quarantine.
6. Keep your distance from others (about 6 feet).
7. If you get sick with fever, cough, shortness of breath, or other signs of respiratory illness, call your primary care physician.
8. If you need to seek medical care for other reasons, such as dialysis, call ahead to your doctor and tell them about your recent travel.

If you have a medical emergency, call 911. Tell them your symptoms and that you are being monitored for COVID-19.

How to self-monitor:

Step 1

- Take your temperature and/or that of family members who are being monitored and cannot do so themselves.
- In addition to fever, be alert for any other symptoms of COVID-19, including cough or shortness of breath.
- Keep a log where you write down the date, time, your temperature and any symptoms.
- Family members who are not being monitored, do not need to record symptoms.

Step 2

If the NH Bureau of Infectious Disease Control asks you to report your temperature and any symptoms, follow their instructions. NH Bureau of Infectious Disease Control: 603-271-4496 (after-hours: 603-271-5300).

Step 3

If you have fever, cough, or shortness of breath:

1. Do not go out in public.
2. Call your primary care physician.
3. Tell them you are under COVID-19 quarantine.
4. Seek medical advice – call ahead before you go to a doctor's office or emergency room. Tell them you are under COVID-19 quarantine and about your symptoms, and guidance received from the health department.
5. Avoid contact with others.
6. Reminder: do not take public transportation, taxis, or ride-shares.
7. Cover your mouth and nose with a tissue or your sleeve (not your hands) when coughing or sneezing and wash your hands promptly.
8. Wash hands often with soap and water for at least 20 seconds to avoid spreading the virus to others. If soap and water are not readily available, use an alcohol-based hand sanitizer that contains 60%-95% alcohol. Always wash hands with soap and water if hands are visibly dirty.