Recommendations for Management of Close Contact with Person Diagnosed with COVID-19
Updated March 30, 2020

A: If you come into close contact with a person who is later diagnosed with COVID-19 infection, the Centers for Disease Control (CDC) and the New Hampshire Department of Health and Human Services (DHHS) recommend:

- The contact will be advised to begin a 14-day self-quarantine with monitoring for symptoms of illness. They are to practice social distancing. If a significant fever (temperature >100.4), cough or shortness of breath were to develop, they should call their PCP or UNH Health & Wellness for guidance. According to NH DHHS, “household members such as family members, including children, of quarantined individuals are not required to quarantine. As long as they remain asymptomatic, they can leave the home and can go to public places like school and work. If the person being quarantined develops illness, household members must then also stay home and self-isolate.”
- Anyone who has contact with asymptomatic contacts are considered at low risk. No self-quarantine is recommended or required. Self-monitoring for symptoms is advised. If significant fever (temperature >100.4), cough or shortness of breath were to develop, they should call their PCP or UNH Health & Wellness for guidance.
- Travelers returning from countries with CDC risk category Level 3 or higher are advised to maintain 14-day self-quarantine with monitoring for symptoms of illness. They are to practice social distancing and should not come to campus. If significant fever (temperature >100.4), cough or shortness of breath were to develop, they should call their PCP or UNH Health & Wellness for guidance.

The CDC defines close contact as:

a) being within approximately 6 feet (2 meters) of a COVID-19 case for a prolonged period of time; close contact can occur while caring for, living with, visiting, or sharing a healthcare waiting area or room with a COVID-19 case

- or -

b) having direct contact with infectious secretions of a COVID-19 case (e.g., being coughed on)

Guidelines for 14-day self-quarantine

- Stay at home with social restrictions. Do not go to work, classes, or other social activities. Avoid activities in public.
- If possible, use a separate bathroom from other household members.
- If around other people, practice social distancing (about 6 feet or 2 meters).
- Do not take public transportation, taxis or ride shares.
- Self-monitor for fever (>100.4F), cough, and/or shortness of breath. If you experience symptoms, call Health & Wellness at 603-862-9355, your primary care physician, or a local urgent care clinic for guidance.
- As long as you remain asymptomatic, other household members can leave the home and can go to public spaces like school and work. If the person in self-isolation develops symptoms, household members must then also stay home and self-isolate.