Recommendations for Management of Close Contact with Person Diagnosed with COVID-19
Updated: March 17, 2020

The University of New Hampshire is following all recommendations of the Centers for Disease Control (CDC) and the New Hampshire Department of Health and Human Services (DHHS).

If there is a confirmed or presumptive positive case of COVID-19 illness identified in a UNH student, staff or faculty member, the campus will be informed with details and recommendations.

In the more likely instance of a UNH community member coming in close contact with a person who is later diagnosed with COVID-19 infection the following guidance applies:

- The contact will be advised to stay at home for 14-days in self-quarantine with monitoring for symptoms of illness (see below). They are to practice social distancing and should not come to campus.

- Early/mild symptoms of COVID-19 illness caused by Coronavirus infection can include nasal congestion, sore throat, and achiness. Rarely, nausea, vomiting and diarrhea have been reported. More concerning symptoms reported for patients with COVID-19 have included fever (>100.4F), cough, and/or shortness of breath. These symptoms typically appear 2 to 14 days after exposure.

  If you are experiencing any of these symptoms, self-isolate and call your Primary Care Provider (PCP) or other health care clinician for guidance:
  - UNH Durham Campus, please call (603) 862-9355 to speak with a UNH Health & Wellness staff member.
  - UNH Manchester and School of Law: Please contact your Primary Care Physician or local Urgent Care Clinic.

Testing for COVID-19 infection will be an important component of reducing the spread of the virus. Current guidelines allow for testing in individuals who have concerning symptoms; please discuss with your PCP or UNH Health & Wellness for testing status and recommendations.

- Anyone who has contact with an asymptomatic contact is considered at low risk. According to N.H. 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 on quarantine.” Contacts of asymptomatic contacts are encouraged to monitor symptoms.

- Travelers returning from countries with CDC risk category Level 3 or higher are advised to maintain 14-day self-quarantine (see below) with monitoring for symptoms of illness. They are to practice social distancing and should not come to campus. If they begin to experience the symptoms outlined above, 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.