

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

If you are returning to the United States from a country other than China with a [travel advisory](#) 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>

