



Town of Boscawen

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COVID-19 GUIDANCE 07DEC22

IF YOU ARE EXPOSED...

- WEAR A MASK. YOU WILL NEED TO WEAR A MASK FOR 10 DAYS. DAY 1 IS THE FIRST FULL DAY AFTER AN EXPOSURE.
- WATCH FOR SYMPTOMS (FEVER >100.4, COUGH, SHORTNESS OF BREATH, ETC).
- IF YOU DEVELOP SYMPTOMS, ISOLATE IMMEDIATELY AND GET TESTED. IF THE TEST IS POSITIVE, CONTINUE ISOLATION. IF NEGATIVE, YOU CAN END YOUR ISOLATION.
- GET TESTED ON DAY 6 EVEN IF YOU HAVEN'T DEVELOPED SYMPTOMS. IF YOU TEST POSITIVE, BEGIN ISOLATION. IF YOU TEST NEGATIVE, CONTINUE TAKING PRECAUTIONS (MASK WEARING, SYMPTOM AWARENESS) THROUGH DAY 10.

IF YOU TEST POSITIVE...

- BEGIN ISOLATION IMMEDIATELY. YOU WILL NEED TO STAY HOME FOR AT LEAST 5 DAYS AND ISOLATE FROM OTHERS. (5 DAYS FROM SYMPTOM ONSET, IF SYMPTOMATIC, OR DAY OF TEST IF ASYMPTOMATIC. DAY OF SYMPTOM ONSET/ TEST IS DAY 0.)
- WEAR A MASK (REQUIREMENT IS CONCURRENT TO ABOVE)
- IF YOU DEVELOP SYMPTOMS WITHIN 10 DAYS OF WHEN YOU WERE TESTED, THE CLOCK RESTARTS AT DAY 0 ON THE DAY OF SYMPTOM ONSET.

ENDING ISOLATION...

- IF YOU HAD NO SYMPTOMS, YOU CAN END ISOLATION ON DAY 5.
- IF YOU HAD SYMPTOMS, YOU CAN END ISOLATION ON DAY 5 IF YOU ARE FEVER FREE FOR 24 HOURS (WITHOUT THE USE OF FEVER REDUCING MEDICATION) AND YOUR SYMPTOMS ARE IMPROVING.
- IF YOU HAD MODERATE OR SEVERE ILLNESS, OR HAVE A WEAKENED IMMUNE SYSTEM, CONTINUE TO ISOLATE THROUGH DAY 10.

THESE PROTOCOLS ARE DESIGNED AFTER, AND IN-LINE WITH, GUIDANCE FROM THE NH DHHS AND THE US CENTER FOR DISEASE CONTROL. FOR SPECIFIC INFORMATION REGARDING COVID-19 OR YOUR PERSONAL HEALTH, YOU SHOULD CONTACT YOUR PRIMARY CARE PHYSICIAN.

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