

New Hampshire COVID-19 General Travel and Quarantine Guidance, & Employer Screening and Exclusion Criteria July 22, 2020

Situation

The novel coronavirus disease 2019 (COVID-19) pandemic continues around the world and within the United States. Many countries are showing an increasing number of COVID-19 infections and new outbreaks, including countries that have originally brought their original outbreaks under control. Even the United States is currently experiencing an accelerating pandemic and most states outside of New England are experiencing worsening outbreaks or uncontrolled community transmission (see [individual state trends](#)).

A Level 3 Global Pandemic Travel Health Notice is still in place by the CDC, which [recommends against any non-essential travel to global destinations](#). The CDC has also issued a Level 3 Travel Health Notice recommending that [travelers defer all cruise travel worldwide](#). Therefore, any travel internationally or locally increases your chances of getting infected and spreading COVID-19; staying home is the best way to protect yourself and others from getting sick.

General Travel and Quarantine Guidance

The CDC has guidance for people [traveling within the United States](#). Because travel increases a person's chance of getting COVID-19 through close contact with others or contaminated public surfaces, anybody traveling should continue to avoid large gatherings and public areas, keep a distance of at least 6 feet from others, wear a cloth face covering when in public areas, and frequently sanitize their hands.

NH residents or out-of-state visitors traveling to/from areas outside of New England (Vermont, Maine, Massachusetts, Connecticut, or Rhode Island) need to [self-quarantine](#) for the first 14 days of any intended stay in NH after travel (starting from the last day of their travel outside New England). This recommendation is irrespective of the mode of transportation for travel (public vs. private transportation).

Travel Guidance for Employers

- Do not permit non-essential international and out-of-state domestic business travel (e.g., conferences, meetings).
- Discourage personal international and domestic travel outside of the New England states.
- Discourage personal travel on cruise ships.
- Any persons traveling internationally (including Canada), on a cruise ship, or domestically outside of Maine, Vermont, Massachusetts, Connecticut, or Rhode Island should quarantine for 14 days after return. Occupational Medicine and businesses should screen staff for such travel before returning to work after vacation. Other New England-based domestic travel risks can be assessed by Occupational Medicine on a case-by-case basis.

Employee Illness and Risk Screening

- Facilities and businesses should ask screening questions to assess risk for COVID-19 every day before an employee is allowed to work:
 - Do you have any [symptoms of COVID-19](#) or fever of 100.4 degrees Fahrenheit or higher?
Symptoms of COVID-19 can include:
 - Fever, or feeling feverish;
 - Respiratory symptoms such as runny nose, nasal congestion, sore throat, cough, or shortness of breath;
 - General body symptoms such as muscle aches, chills, and severe fatigue;
 - Gastrointestinal symptoms such as nausea, vomiting, or diarrhea, and
 - Changes in a person's sense of taste or smell.
 - Have you had close contact with someone who is suspected or confirmed to have COVID-19 in the prior 14 days? (Note: healthcare workers caring for COVID-19 patients while wearing appropriate personal protective equipment should answer "no" because they are not considered to have a COVID-19 exposure)
 - Have you traveled in the prior 14 days outside of New Hampshire, Vermont, Maine, Massachusetts, Connecticut, or Rhode Island?

Employee Exclusion

Person(s) with any new or unexplained COVID-19 symptoms (even if only mild symptoms), those who report close contact with someone suspected or confirmed with COVID-19, or those reporting travel risk factors should **not** be allowed into the facility:

- Symptomatic persons should be instructed to contact their health care provider to be tested for COVID-19 and [self-isolate](#) at home following the instructions below.
- Asymptomatic persons reporting close contact with someone suspected or confirmed with COVID-19, or who report one of the travel-related risk factors should [self-quarantine](#) for 14 days from their last exposure or return from travel.
- Healthcare workers should follow healthcare worker-specific [guidance](#).

Person(s) with suspected or confirmed COVID-19 must isolate at home until symptom-based criteria are met for [discontinuation of isolation](#):

- At least 10 days have passed since symptoms first started,
- AND**
- At least 24 hours have passed since last fever (off any fever-reducing medications),
- AND**
- Symptoms have improved