

- **Wear a Mask:** The employee should wear a face mask at all times while in the workplace for 14 days after last exposure. Employers can issue facemasks or can approve employees’ supplied cloth face coverings in the event of shortages.
- **Social Distancing:** The employee should maintain a physical distance of 6 feet from others as work duties permit in the workplace.
- **Disinfect and Clean work spaces:** Clean and disinfect all areas such as offices, bathrooms, common areas, shared electronic equipment routinely.

When can employees return to work after travel?

Employers should follow the [NH COVID-19 General Travel and Quarantine Guidance & Employee Screening and Exclusion Criteria](#) in regards to travel for staff in all workplace settings including businesses, education, and healthcare facilities.

Should I require my employee to provide a note to validate their illness?

No. The CDC and NH DHHS do not recommend that employers require a provider's note for employees who have been sick with acute respiratory illness. This cannot usually be provided in an efficient manner, so it can reduce your workforce and impair your continuity of operations. We suggest instead that businesses adopt a non-test based strategy, including:

At least 10 days have passed since symptoms first appeared	AND	At least 1 day (24 hours) has passed since recovery*
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**Recovery is defined as a resolution of fever without the use of fever-reducing medications and improvement in respiratory symptoms (e.g., cough, shortness of breath).*

If a person who was previously positive for COVID-19 travels outside New England, do they need to quarantine upon return to New Hampshire?

If traveling outside the New England area, upon return the person should quarantine. At this time we do not know if exposure to COVID-19 builds any immunity to future infection.

Where can I find more information around COVID-19 and businesses?

You can find frequently asked questions and answers on [The New Hampshire Division of Economic Development](#) website.

RISKS TO PETS AND ANIMALS

What risks do animals or animal products pose?

- According to the Centers for Disease Control and Prevention (CDC): A small number of pets worldwide, including cats and dogs, have been [reported](#) to be infected with the virus that causes COVID-19, mostly after close contact with people with COVID-19.
- Based on the limited information available to date, the risk of animals spreading COVID-19 to people is considered to be low.
- It appears that the virus that causes COVID-19 can spread from people to animals in some situations.
- Treat pets as you would other human family members – do not let pets interact with people outside the household.
- This is a rapidly evolving situation and information will be updated as it becomes available.

For more information, visit CDC’s [If You Have Pets](#) webpage.

What if I’m sick with COVID-19 and have pets?

We are still learning about this virus, but it appears that it can spread from people to animals in some situations, especially after close contact with a person with COVID-19.

While you are sick with COVID-19, avoid contact with your pet, including petting, snuggling, being kissed or licked, and sharing food. Whenever possible, have another member of your household care for your animals while you are sick. If you must care for your pet or be around animals while you are sick, wash your hands before and after you interact with pets and wear a facemask. <https://www.cdc.gov/coronavirus/2019-ncov/faq.html#animals>

TRAVEL-RELATED CONCERNS

Should travelers wear facemasks or coverings?

Because COVID-19 is spreading in the United States and abroad, CDC recommends that everyone wear a [cloth face covering](#) over their nose and mouth when in public, including during travel. Wear a cloth face covering, keep at least 6 feet of physical distance from others, and practice [other everyday preventive actions](#) to protect yourself and others from COVID-19. Cloth face coverings may slow the spread of COVID-19 by helping keep people who are infected from spreading the virus to others. Medical masks and N-95 respirators are for healthcare workers and other first responders, as recommended by current CDC guidance. <https://www.cdc.gov/coronavirus/2019-ncov/travelers/faqs.html>

Should I travel within the United States?

COVID-19 cases, hospitalizations, and deaths across the United States are rising. Because travel increases your chances of getting infected and spreading COVID-19, staying home is the best way to protect yourself and others from getting sick. If you are considering traveling, check out the [CDC's questions](#) to ask yourself and your loved ones beforehand. These questions can help you decide what is best for you and your family. For additional travel information visit the [CDC's COVID-19 Travel page](#).

Is it safe to travel to visit family or friends?

Travel increases your chances of getting and spreading COVID-19. Before you travel, learn if [coronavirus is spreading](#) in your local area or in any of the places you are going. Traveling to visit family may be especially dangerous if you or your loved ones are [more likely to get very ill from COVID-19](#). People at higher risk for severe illness need to take [extra precautions](#). For more information visit [CDCs Travel During the COVID-19 Pandemic page](#).

For the upcoming holiday season, celebrating virtually or with members of your own household (who are consistently taking measures to reduce the spread of COVID-19) poses the lowest risk for spread. Your household is anyone who currently lives and shares common spaces in your housing unit (such as your house or apartment). This can include family members, as well as roommates or people who are unrelated to you. People who do not currently live in your housing unit, such as college students who are returning home from school for the holidays, should be considered part of different households. In-person gatherings that bring together family members or friends from different households, including college students returning home, pose varying levels of risk. For more information on celebrating safely, visit [CDC's Holiday Celebrations and Small Gatherings page](#).

Is it safe to travel to campgrounds/go camping?

Going camping at a time when much of the United States is experiencing community spread of COVID-19 can pose a risk to you if you come in close contact with others or share public facilities (like restrooms or picnic areas) at campsites or along the trails. Exposure may be especially unsafe if you are [more likely to get very ill from COVID-19](#) and are planning to be in remote areas, without easy access to medical care. Also be aware that many local, state, and national public parks have been temporarily closed due to COVID-19. [CDCs Travel During the COVID-19 Pandemic page](#).

What if I recently traveled and am sick?

If you get sick with fever or cough in the **10 days** after you return from travel:

- Stay home. Avoid contact with others.

- Follow our [self-quarantine guidelines](#).
- Contact your medical provider or visit our [website for options on how to get tested](#).
- You might have COVID-19; most people are able to recover at home without medical care.
- If you have trouble breathing or are worried about your symptoms, call or text a health care provider. Tell them about your recent travel and your symptoms.
- Call ahead before you go to a doctor's office or emergency room.

If you need to seek essential medical care for other reasons, such as dialysis, call ahead to your doctor and tell them about your recent travel.

What about families of people who have recently traveled?

There is no public health reason to exclude family members of people with no symptoms who were in an area with active community spread of disease in the previous **10 days**. Family members who did not travel may go to school or work if the person who traveled has no symptoms.

I am traveling internationally. Should I cancel?

[CDC recommends](#) that you avoid all nonessential international travel because of the COVID-19 pandemic. Travel notices are based on assessment of the potential health risks involved with traveling to a certain area. [Visit CDCs COVID-19 Travel Recommendations by Country](#).

If you must travel, take the following routine precautions:

- Clean your hands often.
 - Wash your hands with soap and water for at least 20 seconds, especially after you have been in a public place, after touching surfaces frequently touched by others, after blowing your nose, coughing, or sneezing, and before touching your face or eating.
 - If soap and water are not available, bring and use hand sanitizer that contains at least 60% alcohol. Cover all surfaces of your hands and rub your hands together until they feel dry.
- Avoid touching your eyes, nose, or mouth with unwashed hands.
- Avoid close contact with others.
 - Keep 6 feet of physical distance from others.
- Wear a cloth face covering in public.
- Cover coughs and sneezes.
- Pick up food at drive-through restaurants, use curbside restaurant services, or stores.
- Make sure you are up to date with your routine vaccinations, including measles-mumps-rubella (MMR) vaccine and the seasonal flu vaccine.

If you travel to a location with any level of travel advisory for COVID-19, when you return, you should remain alert for fever or respiratory symptoms (e.g., cough, shortness of breath) and [self-quarantine](#).

Is it safe to go on a cruise?

CDC recommends that all people [defer travel on cruise ships](#), including river cruises, worldwide. That's because the risk of COVID-19 on cruise ships is high. People with an [increased risk of serious illness](#) should especially defer travel on cruise ships, including river cruises. CDC has issued a [Level 4 Travel Health Notice](#) for cruise ship travel.

Passengers who decide to travel should take the following steps to protect others after their return from a cruise ship or river cruise voyage:

- [Get tested](#) 3-5 days after travel **AND** stay home for 7 days after travel.
 - Even if you test negative, stay home for the full 7 days.
 - If your test is positive, [isolate](#) yourself to protect others from getting infected.
- If you don't get tested, it's safest to stay home for 14 days after travel.

- Avoid being around people who are at [increased risk for severe illness](#) for 14 days, whether you get tested or not.
- Follow [state and local](#) recommendations or requirements after you return from travel ([NH Travel Guidance](#))

Can flying on an airplane increase my risk of getting COVID-19?

Yes. Air travel requires spending time in security lines and airport terminals, which can bring you in close contact with other people and frequently touched surfaces. Most viruses and other germs do not spread easily on flights because of how air circulates and is filtered on airplanes. However, social distancing is difficult on crowded flights, and you may have to sit near others (within 6 feet), sometimes for hours. This may increase your risk for exposure to the virus that causes COVID-19.

PUBLIC NOTIFICATIONS

For an up to date list of community exposures to COVID-19 visit our [Special Notices page](#).

NH DHHS, DIVISION OF PUBLIC HEALTH SERVICES (DPHS) RESPONSE

We care deeply about the health and wellbeing of the people of NH. We are committed to sharing accurate information with the public to ensure the optimal health and wellbeing of all NH residents while also ensuring we uphold the highest privacy standards for individual patients. As an organization we rely on the best available science and evidence-based practices. In rapidly evolving situations such as this we will provide updated information as it becomes available.

NH DPHS has been working closely with the CDC since the first case of COVID-19 was detected in the United States. We are working very closely with our healthcare and public health partners. Visit our website for our full [case investigation and contact tracing plan](#).

In outbreaks such as this, public health recommendations may change. We encourage you to check these key resources frequently for updates:

- [U.S. Centers for Disease Control and Prevention \(CDC\)](#)
- [NH Department of Health and Human Services \(NH DHHS\)](#)
- [NH DHHS Educational Institution Novel Coronavirus 2019 \(COVID-19\) Frequently Asked Questions \(FAQ\)](#)
- [NH DHHS Novel Coronavirus 2019 \(COVID-19\) Provider Frequently Asked Questions \(FAQ\)](#)

KEY CONTACTS

Topic/Inquiry	Contact	Phone/Email
<ul style="list-style-type: none"> ▪ General Information www.nh.gov/covid19 ▪ 	2-1-1 New Hampshire	1-866-444-4211 TTY: 603-634-3388
<ul style="list-style-type: none"> ▪ Personal Protective Equipment (PPE) Supply Issues 	Requests for PPE need to be submitted electronically	https://prd.blogs.nh.gov/dos/hsem/?page_id=8673
<ul style="list-style-type: none"> ▪ Media Inquiries ▪ Requests for Media Support 	State of NH Joint Information Center	603-223-6169 JIC@dos.nh.gov
<ul style="list-style-type: none"> ▪ Testing for COVID-19 	Contact your healthcare provider or visit our website	Testing Webpage: https://www.nh.gov/covid19/resources-guidance/testing-guidance.htm COVID Testing Registration Form: https://business.nh.gov/DOS_COVID19Testing/