
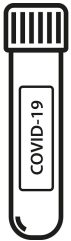




COVID-19 Isolation and Quarantine Guidance: Updated January 24, 2022

Based on guidance from the [New Hampshire Department of Health and Human Services](#)

Per guidance provided by the New Hampshire DHHS, a **household contact** is defined as any person who lives or sleeps in the same indoor shared space as another person diagnosed with COVID-19 (either a temporary or permanent living arrangement) leading to exposure to the person with COVID-19.

	I have a household contact who has tested positive for COVID-19. I am fully vaccinated and I have no symptoms	I have a household contact who has tested positive for COVID-19. I am not fully vaccinated and I have no symptoms	I tested positive for COVID-19. I have symptoms	I tested positive for COVID-19. I do not have symptoms
	<ul style="list-style-type: none"> I may attend school. 	<ul style="list-style-type: none"> I need to stay home for 5 days after exposure. Day one is the day after I was exposed. 	I need to stay home (Isolate) for 5 days. Day one is the day after I developed symptoms.	I need to stay home (Isolate) for 5 days. Day one is the day after I tested positive.
	<ul style="list-style-type: none"> It's recommended for me to have a COVID-19 test 5 days after I was exposed. If I develop symptoms, it is recommended that I isolate and get tested. 	<ul style="list-style-type: none"> I need to watch for symptoms for COVID-19 for up to 10 days. It's recommended for me to have a COVID-19 test 5 days after I was exposed and/or if I develop symptoms. A PCR test is recommended if you are symptomatic. 	To end isolation after 5 days: <ol style="list-style-type: none"> I need to be fever-free (off fever-reducing medications) with other symptoms improving for at least 24 hours. A negative antigen test taken on day 5 is required to return to school on day 6. 	A negative antigen test taken on day 5 is required to return to school on day 6.
	<ul style="list-style-type: none"> I am required to wear a face mask for 10 days (day one is the day after I was exposed). If I am unwilling to wear a mask, I must isolate myself for 10 days instead. 	I am required to wear a face mask for 10 days (day one is the day after I was exposed). If I am unwilling to wear a mask, I must isolate myself for 10 days instead.	I am required to wear a face mask for 10 days (day one is the first day I developed symptoms). If I am unwilling to wear a mask, I must isolate myself for 10 days instead.	I am required to wear a face mask for 10 days (day one is the day I tested positive). If I am unwilling to wear a mask, I must isolate myself for 10 days instead.
	<ul style="list-style-type: none"> I should avoid recreational travel until 10 days have passed since I was exposed. 	I should avoid recreational travel until 10 days have passed since I was exposed.	I should avoid recreational travel until 10 days have passed since I tested positive.	I should avoid recreational travel until 10 days have passed since I tested positive.

Epping School's mask requirements are not impacted by this new guidance.