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COVID-19 Pandemic, Update # 64

Updated CDC COVID-19 Prevention and Quarantine Guidance

Key Points and Recommendations:

- Review CDC's new [Summary of Guidance for Minimizing the Impact of COVID-19](#); the public health strategy has evolved throughout the pandemic to increasingly rely on vaccination and therapeutics to minimize the impact of COVID-19 on individuals and communities.
- CDC has updated their isolation and quarantine guidance, which NH has adopted:
 - Persons infected with SARS-CoV-2, and persons with symptoms of COVID-19 who do not yet have test results, should stay home and follow CDC's [isolation recommendations](#).
 - Persons with an identified expose to COVID-19 are no longer recommended to quarantine but should follow CDC's [recommendations for persons exposed to COVID-19](#).
- CDC has updated their [Guidance for K-12 Schools and Early Care and Education \(ECE\) Programs](#) and will be updating other setting-specific guidance in the coming days, including their [Infection Control Guidance for Healthcare Professionals](#).
- NH Division of Public Health Services (DPHS) continues to recommend the following for all persons and organizations as core COVID-19 prevention strategies:
 - [Stay up-to-date](#) on receiving all recommended COVID-19 vaccinations (including booster doses)
 - Stay home when sick, and test for [symptoms of COVID-19](#)
 - [Isolate](#) at home when infected with SARS-CoV-2 or when symptomatic and awaiting test results
 - Follow [recommendations after being exposed to COVID-19](#)
 - Improve [ventilation in buildings](#)
 - Practice frequent hand hygiene and good respiratory etiquette
 - Conduct routine [cleaning and disinfection](#) of commonly touched surfaces
- Persons with COVID-19 should be evaluated for [antiviral treatment](#) to prevent progression to severe disease that could result in hospitalization or death.

- For any questions regarding this notification, please call the NH DHHS, DPHS, Bureau of Infectious Disease Control at (603) 271-4496 during business hours (8:00 a.m. – 4:30 p.m.).
- If you are calling after hours or on the weekend, please call the New Hampshire Hospital switchboard at (603) 271-5300 and request the Public Health Professional on-call.
- To change your contact information in the NH Health Alert Network, please send an email to DHHS.Health.Alert@dhhs.nh.gov.

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