

From the NH DHHS:

Most people with mild symptoms of COVID-19 can be managed at home without testing.

We advise against testing everybody with mild fever or respiratory symptoms because:

- o Presenting for testing potentially exposes the public, healthcare workers, and vulnerable persons to COVID-19.
- o We must preserve our limited personal protective equipment (PPE) and specimen collection supplies for our healthcare system to be able to care for patients who will develop severe COVID-19 illness over the coming months of this pandemic.

1. Confirming infection for every person does not change how most people's illness s managed.
2. Any person with COVID-19 compatible symptoms who is not tested and can be managed at home (i.e., does not require hospitalization) should be instructed to self-isolate until:

At least 7 days have passed since symptoms first appeared,

AND

At least 72 hours (3 days) have passed since recovery – which is defined as resolution of fever without the use of fever-reducing medications and improvement in respiratory symptoms.

Please, if you have any questions about your health, call your doctor. If you do not have a doctor, please call 2-1-1.

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