



## Quarantine Statement

Per New Hampshire state guidelines, travelers to AND residents of NH need to self-quarantine for 10 days following the last date of any high- risk travel, which includes travel internationally (including to/from Canada); on a cruise ship; or domestically outside of the New England states of Maine, Vermont, Massachusetts, Connecticut, or Rhode Island for non- essential purposes. Quarantine means the person may not leave their home, even for work, school, or other essential functions.

People meeting the criteria for high-risk travel have the option of ending their quarantine after day 7 by getting a test on day 6-7 of their quarantine to test for active COVID-19 infection. This test must be a molecular test (e.g., PCR-based test); antigen tests are not accepted for this purpose. If the test is obtained on day 6-7 of quarantine, the person is asymptomatic, and the test is negative, then the person can end their quarantine after 7 days, but they must still self-observe for symptoms of COVID-19 and strictly adhere to COVID-19 mitigation measures (social distancing, avoiding social and group gatherings, wearing a face mask when around other people, practicing frequent hand hygiene, etc.). This 7-day quarantine “test out” option ONLY applies to travel-related quarantine (not quarantine due to a high-risk close contact exposure to a person with COVID-19). The person traveling to NH may not end quarantine before receiving their test result and before traveling to NH (i.e., from the point of testing negative until their arrival in NH, there must be no other potential public exposures).

### Exceptions to Travel Quarantine (please initial next to the exemption that applies):

First responders and healthcare workers who use PPE as part of their daily work are exempt from the isolate at home portion of this requirement.

Persons who are 14 days beyond the second dose of their COVID-19 vaccine (i.e., 14 days after full vaccination).

Persons who are within 90 days of a prior SARS-CoV-2 infection that was diagnosed by PCR or antigen testing (if a person had a previous infection that was more than 90 days prior, then they are still subject to travel quarantine).

Residents of and traveling from the New England states of New Hampshire, Maine, Vermont, Massachusetts, Connecticut or Rhode Island (with no high-risk travel within the past 10 days)

Such persons, however, still need to monitor themselves for symptoms of COVID-19 daily, practice social distancing, avoid social and other group gatherings, always wear a face mask when around other people, and practice good hand hygiene at all times.

By signing this statement, I attest that I have not engaged in any high-risk travel as defined by the state of New Hampshire travel guidance as outlined above, or that I have been quarantined at home for the past 10 days and have not traveled via public transportation or have quarantined at home for 7 days and then tested negative for COVID-19 immediately before traveling to NH. First responders and healthcare workers who use PPE as part of their daily work are exempt from the isolate at home portion of this requirement

Name: \_\_\_\_\_

Signed: \_\_\_\_\_

Date: \_\_\_\_\_

3/3/2021