

Last Reviewed: 1/3/2022
Effective: 1/3/2022
Revised: 1/3/2022
Primary Approver(s): City
Manager, City Health Officer

City of
PORTSMOUTH
New Hampshire

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TITLE: *COVID-19 PROTOCOL*

If You Test Positive for COVID-19, you must Isolate

Everyone, regardless of vaccination status must

- Stay home for 5 days.
- If you have no symptoms or your symptoms are resolving after 5 days, you can discontinue isolation.
- Continue to wear a mask around others for 5 additional days.

If you have a fever, continue to stay home until your fever resolves.

If You Were Exposed to Someone with COVID-19 and are not symptomatic, and

Completed the primary series of Pfizer or Moderna vaccine *within the last 6 months*, **OR**

Received the J&J vaccines *within the last 2 months*, **OR**

Have received a booster, you do not need to quarantine, but:

- Wear a mask around others for 10 days.
- Test on day 5.

If you develop symptoms get a test and stay home.

If You Were Exposed to Someone with COVID-19 and are not symptomatic but

Are **unvaccinated**, **OR**

More than 6 months have passed from a second dose (or 3rd dose for immunocompromised individuals

of Pfizer or Moderna), but have not received a booster, **OR**

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2 months have passed from J&J vaccine but have not received a booster:

- Stay home for 5 days. After that continue to wear a mask around others for 5 additional days.
- If you can't quarantine you must wear a mask for 10 days.
- Test on day 5.

If You Were Exposed to Someone with COVID-19 and are symptomatic, Quarantine and get tested at the (Newington Drive Through)

Free, drive-through Covid-19 testing is available 9-3*, 7 days a week at the Fox Run Mall in Newington (at the former Sears site). No appointment needed. No insurance required, bring ID. Results are emailed directly to the person being tested in 48-72 hours. *Some days the facility stops accepting people earlier than 3:00 so they can process the specimens by 3pm. Therefore, try to go as early as possible. **OR**

Other testing options can be found here: <https://www.cityofportsmouth.com/city/testing-faqs>