

Explanation of Public Health Monitoring and Movement Restriction Terms

Movement Restriction of People Who Are Sick

Isolation means the separation of a person known or reasonably believed to be infected with a communicable disease and potentially infectious from those who are not infected to prevent spread of the communicable disease. Isolation for public health purposes may be voluntary or compelled by public health order. People in New Hampshire who are under isolation are also under active monitoring.

Movement Restriction of People Who Are Not Sick

Quarantine means the separation of a person reasonably believed to have been exposed or potentially exposed to a communicable disease but not yet symptomatic, from others who have not been so exposed, to prevent the possible spread of the communicable disease. Quarantine for public health purposes may be voluntary or compelled by public health order. People in New Hampshire who are under quarantine are also under some form of self-monitoring.

Monitoring of People Who Are Sick of May Have Been Exposed

Active monitoring means that state or local public health authorities establish regular communication with the person to monitor for symptoms of illness. This communication may include in-person visit, telephone call or any electronic or internet-based means of communication. In New Hampshire, this communication occurs daily.

Self-monitoring with supervision means public health authorities (or delegated entities such as employers) assume responsibility for oversight of self-monitoring for symptoms of illness. Under this monitoring, public health personnel check in with people who are self-monitoring with public health supervision at least once every three days during the 14-day period. Instructions for people who are self-monitoring for illness are available here: <https://www.dhhs.nh.gov/dphs/cdcs/documents/self-quarantine-covid.pdf>

Self-monitoring without supervision means people monitor themselves for symptoms of illness by taking their temperature twice a day and remaining alert for other symptoms. If symptoms develop, they should self-isolate, limit contact with others, and seek advice by telephone from a healthcare provider or the health department to determine whether medical evaluation is needed. These people are not under supervision by a public health authority. Instructions for people who are self-monitoring for illness are available here: <https://www.dhhs.nh.gov/dphs/cdcs/documents/self-quarantine-covid.pdf>

Self-observation means people should remain alert for symptoms without active temperature monitoring. If symptoms develop, they should take their temperature, self-isolate, limit contact with others, and seek advice by telephone from a healthcare provider or their health department to determine whether medical evaluation is needed. These people are not under supervision by a public health department. Instructions for people who are self-observing for illness are available here: <https://www.dhhs.nh.gov/dphs/cdcs/documents/self-observation-covid.pdf>

Some of this information was adapted from:

<https://www.cdc.gov/coronavirus/2019-ncov/php/risk-assessment.html>