

**TOWN OF HAMPTON
MASK, TESTING & QUARANTINE REQUIREMENTS**

EFFECTIVE January 7, 2022

The Centers for Disease Control (CDC) is reporting that Rockingham County is still experiencing HIGH transmission of the COVID-19 virus. The CDC has amended its recommendation regarding the length of quarantine for those who test positive, and the NH Department of Health and Human Services has adopted most of those guidelines but has amended some. We will follow the NH DHHS guidelines.

Because the number of Covid cases is increasing, we suggest that everyone continue to follow safe practices: good hand hygiene; cover your coughs and sneezes; and limit interactions with fellow employees by talking on the phone instead of in-person.

In accordance with the CDC guidelines, we are recommending that a tight-fitting mask be worn indoors, regardless of vaccination status, at all times when interacting with the public except when adequate physical barriers are in place to protect the public and the employee.

TESTING & QUARANTINE/ISOLATION REQUIREMENTS

Regardless of your vaccination status, if you develop symptoms or test positive, do not come to work, and contact your healthcare provider. Please also advise your supervisor.

The Town will assume that an employee is unvaccinated unless the employee chooses to provide proof of up-to-date vaccination to their Department Head. A person is "up to date" on COVID-19 vaccination when they have completed a primary COVID-19 vaccine series (the single-dose J&J Janssen vaccine, or a 2-dose series of the Pfizer-BioNTech or Moderna vaccine) AND any booster shots which they are eligible for and recommended to receive.

If an employee completed either the Moderna or Pfizer series more than 6 months ago or the J&J series over 2 months ago and is not boosted, they are considered unvaccinated.

If an employee is exposed:

- If an employee is exposed and unvaccinated, quarantine for 5 days from the date of the last exposure.
- If an employee is exposed and vaccinated, no quarantine is necessary.
- CDC and DHHS recommend that people should test 5 days after their exposure, or as soon as symptoms occur, and wear a mask indoors and in public for 10 days following exposure and avoid people who are immunocompromised or at high-risk for disease.
- Watch for symptoms for COVID-19 for 10 days after the last exposure, and get tested if symptoms develop. If positive, move to isolation.

NH DHHS has adopted a new definition which defines “exposed” as a household contact exposure. Household Contact is defined as any person who lives or sleeps in the same indoor shared space as another person diagnosed with Covid-19 (either a temporary or permanent living arrangement) leading to exposure to a person with Covid-19.

Even if someone sleeps in your house for one night, NH DHHS considers this an exposure if they test positive or have symptoms.

If an employee tests positive:

- Regardless of vaccination status, an employee who tests positive or who has symptoms while awaiting test results should isolate for 5-days and be fever free for 24-hours (without the use of fever-reducing medications) and see a reduction of other symptoms before returning to work. All attempts will be made to accommodate remote work.
- If an employee tests positive and is asymptomatic, isolate for 5 days before returning to work.
- Employee should wear a well-fitting mask when around other people for 5 days after returning from isolation and avoid people who are immunocompromised or at high-risk for disease.
- If fever has been present in the prior 24 hours, or if other symptoms are not improving, then the employee should continue to isolate until fever free and symptoms are improving for at least 24 hours, or until after 10 days of isolation.

Here are a few exposure examples:

- Employee is vaccinated and spouse/roommate has covid. Employee does not need to quarantine.
- Employee is unvaccinated but had Covid-19 within the past 90-days, spouse/roommate has Covid. Employee does not need to quarantine.
- Employee is unvaccinated and never had covid, spouse/roommate has covid. Employee must quarantine.
- Employee is unvaccinated. Household guest stays overnight, then tests positive. Employee must quarantine.

What’s the difference between quarantine and isolation?

- Quarantine means that you should stay home if you have been exposed and are unvaccinated (quarantine keeps someone who might have been exposed to the virus away from others.)
- You should isolate, if you test positive for COVID-19, regardless of vaccination status, and whether or not you have symptoms, by staying away from all others, even in your own home.

If an employee (regardless of vaccination status) is exposed to a person at work who has tested positive for COVID-19, follow the guidelines for a worker's compensation claim. Your supervisor can provide you with a copy of the appropriate reporting form (8aWCA.)



James Sullivan, Town Manager

4/7/2022

Date

