Novel Coronavirus 2019 (COVID-19)

Current Situation

A novel coronavirus (COVID-19) has been identified as the cause of an outbreak of respiratory illness first detected in Wuhan City, Hubei Province, China, and which continues to expand. Cases have been identified in the United States, as well as many other countries. The Centers for Disease Control and Prevention (CDC) and State and local health departments, including the New Hampshire (NH) Department of Health and Human Services (DHHS), Division of Public Health Services' (DPHS), are monitoring this rapidly developing situation. Information about this outbreak will be available here and continuously updated.

New Hampshire 2019 Novel Coronavirus (COVID-19) Summary Report
(updated March 9, 2020, 4 p.m.)

Total Number of Persons Tested	56
Number of Confirmed Case(s) [1]	2
Number of Persons Tested (current, presumptive positive) [3]	2
Number of Persons Being Tested (current, test pending) [2]	8
Number of Persons Tested (closed, tested negative)	44
Number of Persons Being Monitored in NH (approximate point in time)	225

[1] Includes specimens confirmed by CDC confirmatory testing.
[2] Includes specimens received and awaiting testing at NH Public Health Laboratories (PHL).
[3] Includes specimens that have tested presumptive positive at NH PHL and are in route to CDC for confirmatory testing.

COVID-19 Frequently Asked Questions

o **What are coronaviruses?**
Coronaviruses are a large family of viruses, but only several types are known to commonly cause infections in people, with these common human coronaviruses usually causing mild to moderate respiratory illness (like the common cold). Newer human coronaviruses, like Severe Acute Respiratory Syndrome (SARS), Middle Eastern Respiratory Syndrome (MERS), and the COVID-19 can cause more severe symptoms. The COVID-19 is originally thought to have spread from animals to humans, but now person-to-person spread is occurring.

o **How is it spread?**
It's not clear yet how easily COVID-19 spreads from person-to-person. Human coronaviruses most commonly spread from an infected person to others through respiratory droplets, including:
o Through the air by coughing and sneezing;
o Close personal contact, such as touching or shaking hands;
o Touching an object or surface with the virus on it, then touching your mouth, nose, or eyes before washing your hands.
This is similar to how influenza and other respiratory infections spread. Until we learn more about how easily the COVID-19 spreads between people, healthcare providers may wear special personal protective equipment (e.g. masks and eye protection) when evaluating a patient if there is concern for infection with the COVID-19.

- **What are the symptoms?**
  We are still learning about how the COVID-19 affects people. Symptoms may appear in as few as 2 days or as long as 14 days after exposure. Symptoms of people with confirmed COVID-19 infections have primarily included:
- Fever
- Cough
- Shortness of Breath
  If you have traveled to/from countries with a COVID-19 Travel Advisory and develop symptoms of a fever or respiratory illness within 14 days of your travel, contact your health care provider ***before*** going to their office or the emergency department, and tell them about your recent travel and symptoms. You can also contact the NH Division of Public Health Services at 603-271-4496, if you have questions or concerns.

- **How can I protect myself and others?**
  There are steps you can take to reduce your risk of getting sick from viral respiratory infections, and help prevent transmitting infections to others, including:
- Wash your hands often with soap and water for at least 20 seconds. Use an alcohol-based hand sanitizer if soap and water are not available.
- Cover your mouth and nose with a tissue when you cough or sneeze, then throw the tissue in the trash and wash your hands.
- Do not touch your eyes, nose, or mouth with unwashed hands.
- Stay home from work or school if you have a fever or are not feeling well.
- Avoid close contact with people who are sick.
- Clean and disinfect objects and surfaces.
- Get a flu shot - it is not too late to be protected from flu.

- **Is there a treatment?**
  There are no specific antiviral treatments recommended for infection with the COVID-19. People infected with COVID-19 can receive supportive care at home to help relieve symptoms, such as taking pain or fever medications, drinking plenty of fluids, and staying home and resting. Some patients who are very sick may need to go to the hospital to get care.

  People who think they may have been exposed to COVID-19 should contact their health care provider immediately.

Community Information and Resources

- CDC 2019 Novel Coronavirus (COVID-19), Wuhan, China
- CDC Situation Summary

  For School Communities

- NH DHHS Updated Information for School Communities (03/06/2020)
  NH DHHS 02/03/2020 Webinar: 2019-nCoronavirus: What is Relevant for Schools?

  First Responders

- CDC EMS Guidance
- NH DHHS Guidance for Law Enforcement

  For Long-Term Care Facilities

- NH DHHS COVID-19 Information for Long-Term Care Facilities

  For Employers

- NH DHHS COVID-19 Information for Businesses

- Stay Home If You're Sick Poster

Educational Resources

- COVID-19 Frequently Asked Questions
- CDC COVID-19 FAQs
- CDC COVID-19 What To Do If You Are Sick
- CDC COVID-19: What is Stigma and What Causes It?
- CDC COVID-19 CDC Communication Resources
- CDC Preventing COVID-19 Spread In Communities
- CDC Guidance for Polling Places
- New Hampshire Response

Posters

- NH DHHS Wash Your Hands Poster
- NH DHHS Tips for Staying Healthy
- CDC Cover Your Cough | CDC Cubra Su Tos (Spanish)
- NH DHHS Cover Your Cough
- CDC Germs are Everywhere
- NH DHHS Germs are Everywhere

Webinars

- 03/03/2020 Webinar: Covid-19: Global, U.S. and N.H. Update
- 02/03/2020 Webinar: 2019-nCoronavirus: What is Relevant for Schools?

For Travelers

- COVID-19 Information for Travel

- CARE – Check and Record Everyday | 简体中文版请翻转 (simplified Chinese)
- Self-Observation Guidelines (03/06/2020)
- Self-Quarantine Guidance (03/08/2020)
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World Health Organization

- Coronavirus

NH DHHS Press Releases

- NH DHHS Daily Update on COVID-19 Archive
- 03/05/2020: NH DHHS Daily Update on COVID-19 - March 5, 2020
- 03/04/2020: NH DHHS Daily Update on COVID-19 – March 4, 2020
- 03/03/2020: NH DHHS Announces Second Presumptive Positive Case Of COVID-19 And Update On Case Investigation Concerning First Presumptive Positive Case
- 03/02/2020: NH DHHS Announces First Presumptive Positive Test Result for Person in NH tested for COVID-19
- 03/01/2020: Fourth Person in New Hampshire Is Being Tested for COVID-19
  02/26/2020: NH DHHS Continues Working with Healthcare Providers, Emergency Responders to Prepare for Potential Coronavirus Activity
- 02/01/2020: NH DHHS Recommends Recent Travelers from China to Stay Home and Monitor for Illness to Prevent Spread of 2019 Novel Coronavirus

- 01/30/2020: [NH DHHS Announces Two Negative Test Results for the 2019 Novel Coronavirus (2019-nCoV)](#)
- 01/27/2020: [NH DHHS Preparations for Novel Coronavirus](#)