Who is at Risk?

Everyone is at risk for contracting the virus that causes COVID-19. Older adults and people with underlying medical conditions are more likely to become severely ill if they get COVID-19.

How is it Spread?

COVID-19 most commonly spreads from an infected person to others through respiratory droplets.

This occurs through:

- The air by coughing, sneezing, laughing, singing, and talking
- Close personal contact (hugging, touching, shaking hands)
- Touching objects or surfaces with the virus on it, then touching your mouth, nose, or eyes with unwashed hands

Symptoms

Symptoms may include:

- Fever/chills
- Congestion or runny nose
- Cough
- Sore throat
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Nausea or vomiting
- Diarrhea

Resources

Nashua COVID-19 Hotline
603-589-3456

Nashua COVID-19 Website
NashuaNH.gov/COVID19

State of NH COVID-19 Website
NH.gov/COVID19

CDC COVID-19 Website
CDC.gov/COVID19

NH Vaccination Resources
Vaccines.NH.gov

Support & Resources
211nh.org or dial 2-1-1

CONTACT US

**City of Nashua
Division of Public Health & Community Services**

603-589-4500

NashuaNH.gov/DPHCS

COVID-19
Coronavirus Disease 2019

COVID-19 is a respiratory illness caused by the virus SARS-CoV-2.

☑ **Learn the facts.**

☑ **Know the risks.**

☑ **Protect your community.**

CITY OF NASHUA
Division of Public Health & Community Services

PHAB

Informing a safe, healthy, and resilient community.

COVID-19 Testing

Testing is recommended if:
- You have symptoms of COVID-19
- You have had close contact or exposure to someone with COVID-19

> **Definition of Close Contact or Exposure**
> Being within 6 feet of someone who has COVID-19 for 15 minutes or more, in total, starting from 2 days before symptoms (or 2 days prior to testing for people with no symptoms) until the time the patient is isolated.

Testing is recommended 5 to 7 days after the date of exposure. Stay home while you are waiting for your test results.

Testing resources and availability can be found at NashuaNH.gov/COVID19.

If You Test Positive

If you test positive for COVID-19, stay home for 10 days from the start of symptoms or, if you do not have symptoms, from the test date of your positive result.

Maintain strict isolation by:
- Not visiting public places
- Distancing from household members
- Not inviting others into your home

Unvaccinated household members need to quarantine for the length of your isolation, plus an additional 10 days after your isolation period ends. All household members should monitor their health and get tested if they develop any symptoms.

Prevent the Spread
Follow Public Health Recommendations

Stay home if you are sick, except for medical care. Monitor for symptoms.

Get vaccinated to prevent illness, hospitalization, and death from COVID-19.

Wear a face covering over your mouth and nose in indoor public spaces.

Wash your hands often with running water and soap for at least 20 seconds.

Use hand sanitizer with at least 60% alcohol in between hand washing. Avoid touching your eyes, nose, and mouth.

Practice social distancing by staying at least six feet away from people who do not live in your household.

6 FT

Clean and disinfect frequently touched objects and surfaces using standard cleaning products.

Self-Quarantine

Quarantine helps prevent the spread.
- Unvaccinated household members to a positive person must quarantine for 10 days past the last day of isolation of the infected person.
- Individuals who are fully vaccinated are NOT required to quarantine after exposure.
- Individuals who experienced a community exposure (non-household) are NOT required to quarantine.
- Everyone who has been exposed should monitor for symptoms for 14 days.
- If you develop even mild symptoms, get tested for COVID-19.

Vaccinate to Protect

Getting the COVID-19 vaccine protects you, your loved ones, and your community.
- COVID-19 vaccines are safe.
- The vaccines can not give you COVID-19.
- The vaccines are free.
- Flu-like side effects after vaccination, such as headache, fever, and muscle aches, are normal.
- Following dose recommendations provides the best protection.

I GOT VACCINATED AGAINST COVID-19!

The combination of getting vaccinated and following public health recommendations will offer the best protection from COVID-19.

More Information: Vaccines.NH.gov