



SEOC ESF-4 Desk –Guidance Relative to Travel and Vaccination Status

Staffed hours: The SEOC ESF-4 first responder desk will continue to remain operational M-F, 0800-1600 hours in a schedule consistent with the hours of the SEOC. Please contact NHSP Headquarters at (603) 223-4381, to request a callback if a situation cannot wait until the next business day.

Travel

Domestic and International

Pursuant to the Safer at Home Universal Guidelines, the following apply in reference to quarantine:

- Members, vaccinated or not, who have traveled domestically within the United States do not need to quarantine upon their return.
- Members who have traveled internationally (outside of the U.S., except for essential travel to/from Canada) or by cruise ship in the prior 10 days, must quarantine for 10 days upon their return.

*Members have the option of shortening their international or cruise ship travel-related quarantine by getting a test on day 6-7 of their quarantine to test for an active infection (PCR-based test). Antigen tests are not accepted for this purpose.

NOTE: You do **NOT** need to quarantine for 10 days or get tested for COVID-19 if either of the following apply:

- You are fully vaccinated against COVID-19 and more than 14 days have passed since you received the second dose of your COVID-19 vaccine.
- You have previously tested positive for active COVID-19 infection (by PCR or antigen testing) in the last 90 days (if you had a previous infection that was more than 90 days ago, you must still follow all quarantine requirements)

Exposure Incidents

All Members

- All members need to quarantine when they have any new or unexplained symptoms of COVID-19, or are diagnosed with COVID-19.
- In the case of an unprotected exposure to someone with COVID-19, members should quarantine for 10 days and self-monitor for any symptoms. Remember members cannot test out of the quarantine and should be tested when symptoms develop.

NOTE: You do NOT need to quarantine for 10 days or get tested for COVID-19 if either of the following apply: 1. You are fully vaccinated against COVID-19 and more than 14 days have passed since you received the second dose of your COVID-19 vaccine.

2. You have previously tested positive for COVID-19 infection (by PCR or antigen testing) in the last 90 days (if you had a previous infection that was more than 90 days ago, you must still follow all quarantine requirements)

If members have only received one dose of the vaccine and/or fewer than 14 days have passed since their second dose they need to quarantine according to the unvaccinated member guidelines.

Please feel free to contact the ESF-4 desk at (603) 223-3718 with any questions.