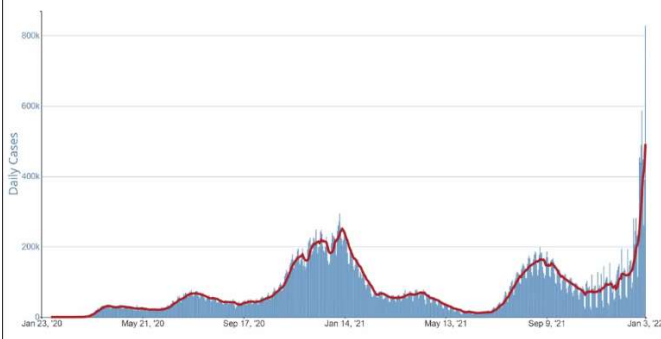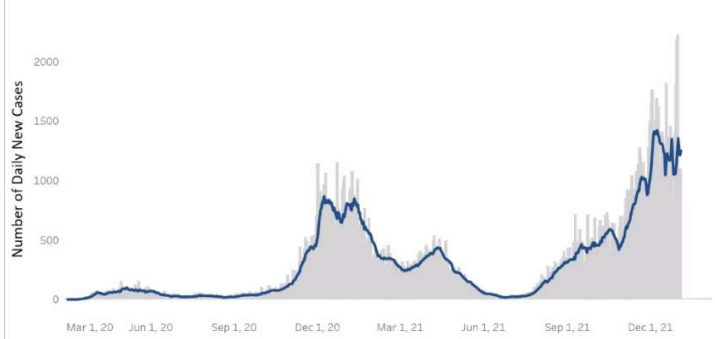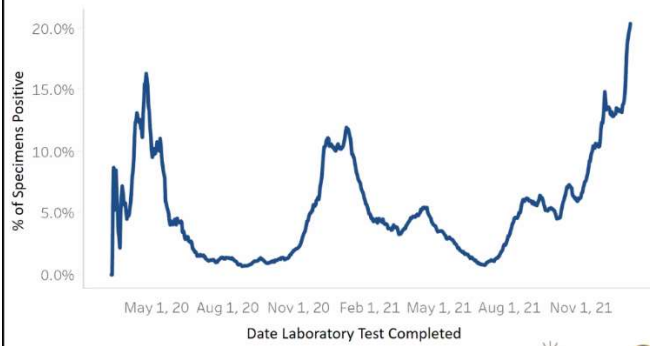## U.S. National Daily Incidence of COVID-19

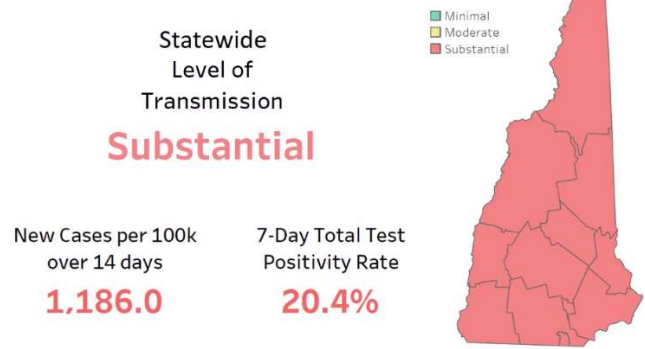

Number of New COVID-19 Cases per Day in NH
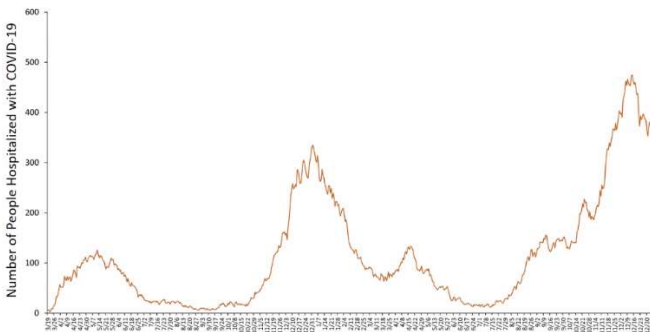

% of Tests (Antigen and PCR) Positive for COVID-19 (7-Day Average)
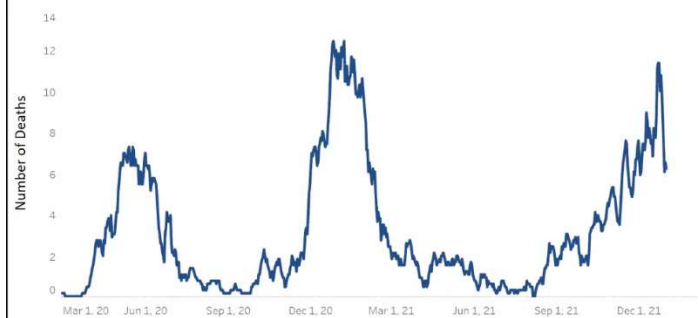

Level of Community Transmission in NH

Statewide
Level of
Transmission

Substantial

New Cases per 100k
over 14 days

1,186.0

7-Day Total Test
Positivity Rate

20.4%

Legend:
- Minimal
- Moderate
- Substantial

Number of People Hospitalized with COVID-19 Each Day in NH (Hospital Census)

## Average Number of COVID-19 Deaths per Day in NH (Based on Date of Death)

K-12 School Clusters in NH

School Year	Total # Clusters	Total # of Infections Associated with Clusters	Total # of Students Associated with Clusters (%)	Total # of Staff Associated with Clusters (%)	Average # of Infections per Cluster
2020-2021 (Entire School Year)	110	693	464 (67%)	229 (33%)	6.3
2021-2022 (First Half)	444	5,191	4,554 (88%)	637 (12%)	11.7

- We ended December with 132 active K-12 school clusters (average cluster size of 14.6 cases per cluster)

- Currently there are 72 open/active K-12 school clusters (average cluster size of 17.0 cases per cluster)

Number of New K-12 School Clusters Each Week in NH
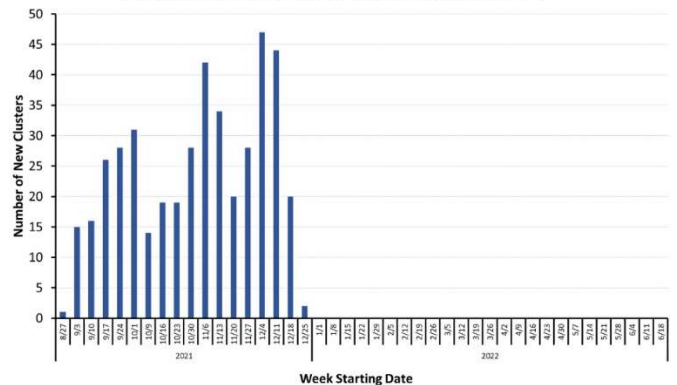
NHDHHS IS ADOPTING NEW CDC ISOLATION AND QUARANTINE GUIDELINES

Shortening isolation and quarantine restrictions from 10 days to 5 days IF:

Infected person (someone who tests positive for COVID-19 or has symptoms and is awaiting test results) must **ISOLATE**:

- Stay home and away from others including those in the household for 5 days. (Separate bathroom is ideal.)
- To end isolation after 5 days, infected person must be fever-free (and off fever-reducing medicines) and experience improving symptoms for 24 hours preceding end of isolation
- Wear a well-fitting facemask for 10 days after start of isolation
- Avoid those who are immunocompromised or at high-risk for 10 days following start of isolation
- Avoid travel for 10 days following start of isolation

Household contact exposed to someone with COVID-19 must **QUARANTINE:**

- Stay home for at least 5 days after last exposure
- Watch for COVID-19 symptoms
- Get tested 5 days after the exposure
- Wear a well-fitting mask when around other people for 10 days following exposure (5 days of quarantine plus an additional 5 days)
- Avoid those who are immunocompromised or at high-risk for 10 days following exposure
- Avoid travel for 10 days following exposure

NOTE: NH DHHS says only household contacts (or lengthy eg overnight association with a group) should quarantine; but recommends that those with Community contact with known exposure should take additional precautions, even if not quarantined.

CDC (NH DHHS) rational for guidance change:

Isolation

- COVID-19 infectiousness peaks approx. 1 day before symptoms start and declines within a week of symptom onset
- Infectiousness and risk of transmission lasts from 2-3 days before symptoms appear until 8 days after
- 31% of infected people remain infectious for an average of 5 days following a positive test

Quarantine:

- Omicron appears to have a lesser infectious period, lasting 2-4 days from the onset of symptoms

CDC is balancing the known scope of infectiousness with the societal and psychological impacts of isolation and quarantine.

NH DHHS emphasizes that as Isolation and Quarantine times decrease, it's important to continue to use multi-layered mitigation strategies as a 'package' to off-set any increased risk, especially when community transmission levels remain high:

- Vaccination for everyone age 5+ and boosters for everyone age 12+ (as possible)
- Wear well-fitting face masks indoors
- Limit group sizes and retain physical distancing, where possible
- Increase ventilation
- Stay home and test if any COVID-19 symptoms develop
- Test 5 days after exposure to anyone infected with COVID-19
- Practice hand-washing and proper respiratory etiquette

Sources:

CDC guidance 1/4/22:
https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/quarantine-isolation-background.html

CDC FAQ re: Isolation and Quarantine for General Public https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/quarantine-isolation-background.html
CDC Updated Quarantine and Isolation Guidance: https://www.cdc.gov/coronavirus/2019-ncov/your-health/quarantine-isolation.html