



CARROLL COUNTY
NEW HAMPSHIRE
Human Resources Department



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April 7, 2021

To: All Carroll County Employees
From: Carroll County Board of Commissioners
RE: COVID Employee Travel Guidance Update

**** Mountain View Community staff members should refer to the MVC policies for Long-term Care specific guidance ****

The below policy will be in effect from 4/7/2021 and remain in place unless and until updated guidance is released by the CDC and the State of NH.

This policy may be amended as this situation evolves. Employees who decide to go on vacation during this time frame will need to adhere to this policy.

Given the ever-evolving situation involving the COVID-19 pandemic, the County is taking steps to help keep you, your co-workers and your families healthy. Below is important information to keep in mind as you plan your travel.

1. Please frequently check the Centers for Disease Control and Prevention (CDC) website for updated important information regarding the following topics:
 - a. General Coronavirus information: <https://www.cdc.gov/coronavirus/2019-ncov/index.html>
 - b. Travel advisories regarding the places you will visit and travel through.
 - c. Guidance for travel within the US. <https://www.cdc.gov/coronavirus/2019-ncov/travelers/travel-in-the-us.html>
 - d. State of NH travel guidance. <https://www.dhhs.nh.gov/dphs/cdcs/covid19/documents/employee-travel-guidance.pdf>

New Hampshire COVID-19 Travel Guidance March 16, 2021

The novel coronavirus disease 2019 (COVID-19) pandemic continues around the world and within the United States. Many countries, including the United States, continue to have a high incidence of COVID-19, and new variants of concern have emerged that are more infectious and easily spread. Most international travel destinations continue to have a Level 3 or 4 Travel Health Notice indicating a “high” or “very high” risk for COVID-19, respectively, with a recommendation to avoid travel. Therefore, any travel increases a person’s chances of getting infected and spreading COVID-19.

The CDC has guidance for people considering travel during the pandemic. Because travel increases a person’s chance of getting COVID-19 through close contact with others, anybody traveling should make all attempts to avoid public transportation, avoid crowds and gatherings, keep a distance of at least 6 feet from others, wear a well-fitted face mask during travel and when in public areas, and frequently sanitize their hands.

New Hampshire recommends the following travel and quarantine guidance for residents and visitors to NH in order to prevent introduction and spread of COVID-19 into our communities from areas outside of NH. There is additional guidance for employers/employees outlined in the NH Universal Guidelines and NH DPHS Employer Travel, Screening, and Exclusion Guidance. Organizations and individuals for whom the business guidance may not apply should follow this guidance, or adapt this guidance to their specific situation and needs.

Travel Quarantine Guidance

Domestic travel within the U.S. outside of New England no longer requires quarantine upon return to NH, although people are recommended to still follow CDC's travel guidance, including wearing a well-fitted face mask while traveling, practicing social distancing, getting tested 3-5 days after travel (with a molecular or PCR-based test), and limiting public interactions after travel (even if not required to quarantine).

Travelers/visitors to AND residents of NH need to self-quarantine for 10 days after the last date of any international travel (except for essential travel to/from Canada*), or travel on a cruise ship. Essential critical infrastructure employees should follow guidelines outlined in the NH DPHS Employer Travel, Screening, and Exclusion Guidance.

People returning to NH after international travel, or travel on a cruise ship, have the option of ending their quarantine after day 7 (beginning of day 8 after travel) by getting a test on day 6-7 of their quarantine to test for active SARS-CoV-2 infection (SARS-CoV-2 is the novel coronavirus that causes COVID-19); this test must be a molecular test (e.g., PCR-based test); antigen tests are not accepted for this purpose. If the specimen is obtained on day 6-7 of quarantine, the person is asymptomatic, and the test is negative, then the person can end their quarantine after 7 days, but they must still self-observe for symptoms of COVID-19 and strictly adhere to COVID-19 mitigation measures (social distancing, avoiding social and group gatherings, wearing a well-fitted face mask when around other people, practicing frequent hand hygiene, etc.). Any new symptoms of COVID-19 should prompt the person to isolate and seek testing, even if the person recently tested out of quarantine. This 7-day quarantine "test out" option ONLY applies to travel-related quarantine (not quarantine due to a close contact exposure to a person with COVID-19).

Exceptions to Travel Quarantine

The following people do NOT need to quarantine after international travel or travel on a cruise ship:

1. Persons who are 14 days or more beyond completion of COVID-19 vaccination - this means a person must be at least 14 days beyond receipt of the second dose of either the Pfizer-BioNTech or Moderna COVID-19 vaccine, or at least 14 days beyond receipt of the single-dose Janssen (Jonson & Johnson) COVID-19 vaccine.
2. Persons who are within 90 days of a prior SARS-CoV-2 infection that was diagnosed by PCR or antigen testing (if a person had a previous infection that was more than 90 days prior, then they are still subject to travel quarantine).

Even persons not required to quarantine after travel, however, still need to monitor themselves for symptoms of COVID-19 daily, practice social distancing, avoid social and other group gatherings, always wear a well-fitted face mask when around other people, and practice good hand hygiene at all times.

This will take effect 4/7/2021 and remain in place based on CDC and/or State recommendations.

Please understand that these are precautionary measures to help prevent you, your co-workers, and the individuals we serve from becoming infected.

Terry McCarthy, Chairwoman

Matthew Plache, Vice Chairman

Kimberly Tessari, Clerk