



STATE OF NEW HAMPSHIRE  
DEPARTMENT OF HEALTH AND HUMAN SERVICES  
*DIVISION OF PUBLIC HEALTH SERVICES*

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August 11, 2021

Dear Primary Care Provider,

We have made remarkable progress at getting our NH communities vaccinated and protected against COVID-19, but a large proportion of younger adults, teenagers, and children are still not fully vaccinated, or are not eligible to be vaccinated. Therefore, it remains important for everyone to take steps to prevent COVID-19 from spreading. This includes testing people who have symptoms of COVID-19, and we continue to ask for your help to facilitate COVID-19 testing for your patients. There are also now multiple locations throughout NH where a patient can be directed for COVID-19 testing (see information and resources on our website: <https://www.covid19.nh.gov/resources/testing-guidance>).

NH public health continues to recommend that anybody with new and unexplained symptoms of COVID-19 be excluded from school or childcare and tested for COVID-19, regardless of vaccination status, and even if the person only has mild or singular symptoms. Symptoms of rhinorrhea, nasal/sinus congestion, sore throat, and headache, for example, are very common COVID-19 symptoms, especially in children and teenagers (see **Table** below). Additionally, in NH children diagnosed with COVID-19, 12% and 8% of children aged 0-4 years and 5-9 years, respectively, reported **ONLY** developing a runny nose or nasal/sinus congestion during their illness (data not shown). Therefore, we continue to request that primary care providers have a low-threshold to test people exhibiting new and unexplained symptoms of COVID-19.

Thank you for continuing to help protect our communities from COVID-19. If you have any questions or concerns about our public health recommendations, please contact us at 603-271-4496. Please also join us on our healthcare provider webinars that we host on a weekly basis to provide COVID-19 updates and answer questions. The webinar/call information can be found on our website at: <https://www.covid19.nh.gov/resources/general-provider-covid-19-resources-and-information>.

Sincerely,

A handwritten signature in black ink, appearing to read "Ben Chan".

Benjamin P. Chan, MD, MPH  
NH State Epidemiologist

**Table.** Proportion of Symptomatic Persons with COVID-19 in NH Reporting Symptoms by Age Group, 3/2/20 – 5/6/21

	<b>Age Group (Years)</b>			
	<b>0-4</b>	<b>5-9</b>	<b>10-14</b>	<b>15-19</b>
<b>No. Reporting</b>	1,565	1,739	2,781	4,986
<b>Percent Reporting Symptoms</b>				
Fever	51%	44%	34%	30%
Cough	42%	31%	36%	42%
Shortness of Breath	2%	2%	3%	8%
Rhinorrhea	48%	31%	30%	31%
Nasal/Sinus	25%	28%	33%	38%
Sore Throat	7%	21%	34%	38%
Myalgia	5%	12%	21%	31%
Fatigue/Lethargy	19%	24%	31%	35%
Headache	6%	34%	46%	52%
Nausea or Vomiting	7%	11%	10%	10%
Diarrhea	13%	7%	7%	8%
Loss of Taste or	3%	7%	22%	37%