The Greater Rochester Chamber of Commerce strives to provide relevant information and important resources to our members as they recover from the COVID-19 (Coronavirus) pandemic. For more information, visit www.rochesternh.org/COVID.
Index

INCLUDED IN THIS RESOURCE PACKET

- NH Universal Guidelines
- Maine Universal Guidelines
- Map of testing sites
- COVID-19 Posters
- Helpful COVID-19 Resources
SAFER AT HOME

The safe reopening of the New Hampshire economy is underway and detailed guidance for different sectors have been released on the nh.gov website as they begin to welcome back customers, clients and visitors.

At the core of this reopening, all businesses, attractions, manufacturers and other sectors must follow Universal Guidance. Some have additional procedures to follow, with the aim of mitigating the spread of COVID-19.

Visit the webpage below to see updates as these guidelines expand to cover additional sectors.

https://www.covidguidance.nh.gov/

Universal Guidelines
Maine Universal Guidelines

COVID-19 RESPONSE

The Restarting Maine’s Economy plan established four gradual and flexible stages of reopening, which were designed in concert with public health experts and with input from industry representatives. This approach, which was adjusted when public health circumstances necessitated it, allowed Maine businesses to safely stay open or reopen by following reasonable, practical guidelines to ensure the safety of employees and customers.

Restarting Maine’s Economy
NH COVID-19 TESTING LOCATIONS for PCR TESTING

HOSPITALS

H1. Alice Peck Day Hospital, Lebanon
H2. Androscoggin Valley Hospital, Berlin
H3. Catholic Medical Center, Manchester
H4. Cheshire Medical Center, Keene
H5. Elliot Hospital, Manchester
H6. Exeter Hospital, Exeter
H7. Franklin Regional Hospital, Franklin
H8. Frisbie Memorial Hospital, Rochester
H9. Huggins Hospital, Wolfeboro
H10. Lakes Region General Hospital, Laconia
H11. Littleton Regional Healthcare, Littleton
H12. Memorial Hospital, North Conway
H13. Portsmouth Regional Hospital, Portsmouth
H14. Southern NH Medical Center, Nashua
H15. Speare Memorial Hospital, Plymouth
H16. St. Joseph Hospital, Milford
H17. Upper Connecticut Valley Hospital, Colebrook
H18. Valley Regional Hospital, Claremont
H19. Weeks Medical Center, Lancaster
H20. Wentworth-Douglass Hospital, Dover

URGENT CARE CENTERS

ConvenientMD
U1. Belmont
U2. Concord
U3. Dover
U4. Exeter/Stratham
U5. Keene
U6. Littleton
U7. Merrimack
U8. Nashua
U9. Portsmouth
U10. Windham/Salem

ClearChoiceMD
U11. Alton
U12. Belmont
U13. Brattleboro, VT
U14. Epping
U15. Goffstown
U16. Hooksett
U17. Lebanon
U18. Littleton
U19. Plaistow
U20. Portsmouth
U21. Tilton

ExpressMED / BOAC
U22. Manchester
U23. Salem

NATIONAL GUARD

G1. Concord Test Sites
G2. Londonderry Test Sites

ADDITIONAL LOCATIONS

G3. City of Manchester Public Health Department
G4. City of Nashua Public Health Department

*The New Hampshire Department of Health and Human Services is providing this list as a service to the community. The Department does not endorse any particular entity for COVID-19 testing services. The cost of the test is the responsibility of the person being tested and each person should discuss insurance coverage and payment arrangements directly with the testing provider.

Please click highlighted locations for website link.
Please click highlighted locations for website link.

*The New Hampshire Department of Health and Human Services is providing this list as a service to the community. The Department does not endorse any particular entity for COVID-19 testing services. The cost of the test is the responsibility of the person being tested and each person should discuss insurance coverage and payment arrangements directly with the testing provider.
How to protect yourself and your co-workers in the office.

DON’T TOUCH
Avoid touching your face, nose, eyes and mouth to prevent the spread of germs from contaminated surfaces from entering your body.

WEAR A MASK
When in public, or in close proximity to others, ensure that you wear a mask to protect both yourself and others from spreading potential germs.

WASH YOUR HANDS
Wash your hands frequently throughout the day with soap and water for at least 20 seconds. Or use an alcohol based hand sanitizer.

DISINFECT
Regularly clean and disinfect your work area, desk, phone and any other frequently touched surfaces. Be sure to cover common areas used by all employees in the office.

SOCIAL DISTANCE
Maintain a 6 foot distance, approximately 2 arms length, between yourself and others. Avoid large crowds and busy areas if possible.

STAY HOME WHEN SICK
If you feel sick, stay home to prevent the spread of germs. Remain at home until better. Contact a physician if you are experiencing COVID-19 related symptoms and get tested.

For more information visit: ● cdc.gov ● nh.gov ● www.dhhs.nh.gov ●
6 things you can do in the workplace to minimize the spread of COVID-19 (Coronavirus).

Wash your Hands
Wash your hands frequently throughout the day with soap and water for at least 20 seconds. Or use an alcohol based hand sanitizer.

Mask Up
When in public, or in close proximity to others, ensure that you wear a mask to protect both yourself and others from spreading potential germs.

Social Distance
Maintain a 6 foot distance, approximately 2 arms length, between yourself and others. Avoid large crowds and busy areas if possible.

Don't Touch
Avoid touching your face, nose, eyes and mouth to prevent the spread of germs from entering your body.

Disinfect
Regularly clean and disinfect your work area, desk, phone and any other frequently touched surfaces.

Stay Home When Sick
If you feel sick, stay home to prevent the spread of germs. Remain at home until better. Contact a physician if you are experiencing COVID-19 related symptoms and get tested.

For more information visit:
- cdc.gov
- nh.gov
- dhhs.nhn.gov
Helpful Resources

- NH Department of Health & Human Service— www.dhhs.nh.gov
- Center for Disease Control— www.cdc.gov
- SBA Assistance Program— https://www.sba.gov/funding-programs/disaster-assistance
- PPP Forgiveness- SBA Assistance Program— https://www.sba.gov/funding-programs/disaster-assistance
- NH Small Business Development Center— www.nhsbdc.org
- Seacoast Chamber Alliance Landing— www.visitseacoastnh.com
- U.S. Chamber of Commerce— www.uschamber.com