



Back TO Business

RESOURCES & RECOVERY INFORMATION

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





NH Universal Guidelines

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](https://www.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](https://www.covidguidance.nh.gov/). 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](https://www.covidguidance.nh.gov/)



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	Spear 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	ClearChoiceMD
U1 Belmont	U11 Alton
U2 Concord	U12 Belmont
U3 Dover	U13 Brattleboro, VT
U4 Exeter/Stratham	U14 Epping
U5 Keene	U15 Goffstown
U6 Littleton	U16 Hooksett
U7 Merrimack	U17 Lebanon
U8 Nashua	U18 Littleton
U9 Portsmouth	U19 Plaistow
U10 Windham/Salem	U20 Portsmouth
	U21 Tilton
ExpressMED / BOAC	
U22 Manchester	
U23 Salem	

NATIONAL GUARD

[National Guard Test Sites](#)

- G1 Concord
- G2 Londonderry

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.*



Map is for graphical purposes only, it does not represent a legal survey. 11/12/2020

Please click highlighted locations for website link.

NH COVID-19 TESTING LOCATIONS for PCR TESTING



OUTPATIENT MEDICAL PRACTICES

01	Ammonoosuc Community Health Services	Littleton
02	Harbor Care Health & Wellness Center	Nashua
03	HealthFirst Family Care Center	Franklin / Laconia
04	Lamprey Health Care	Newmarket / Raymond / Nashua
05	Keady Family Practice	Claremont
06	Appledore Medical Group	Portsmouth
07	Derry Medical Center	Derry

PHARMACIES

[Walgreens Pharmacy](#)

P1	Concord
P2	Derry
P3	East Hampstead
P4	Hooksett
P5	Londonderry
P6	Manchester
P7	Merrimack
P8	Nashua

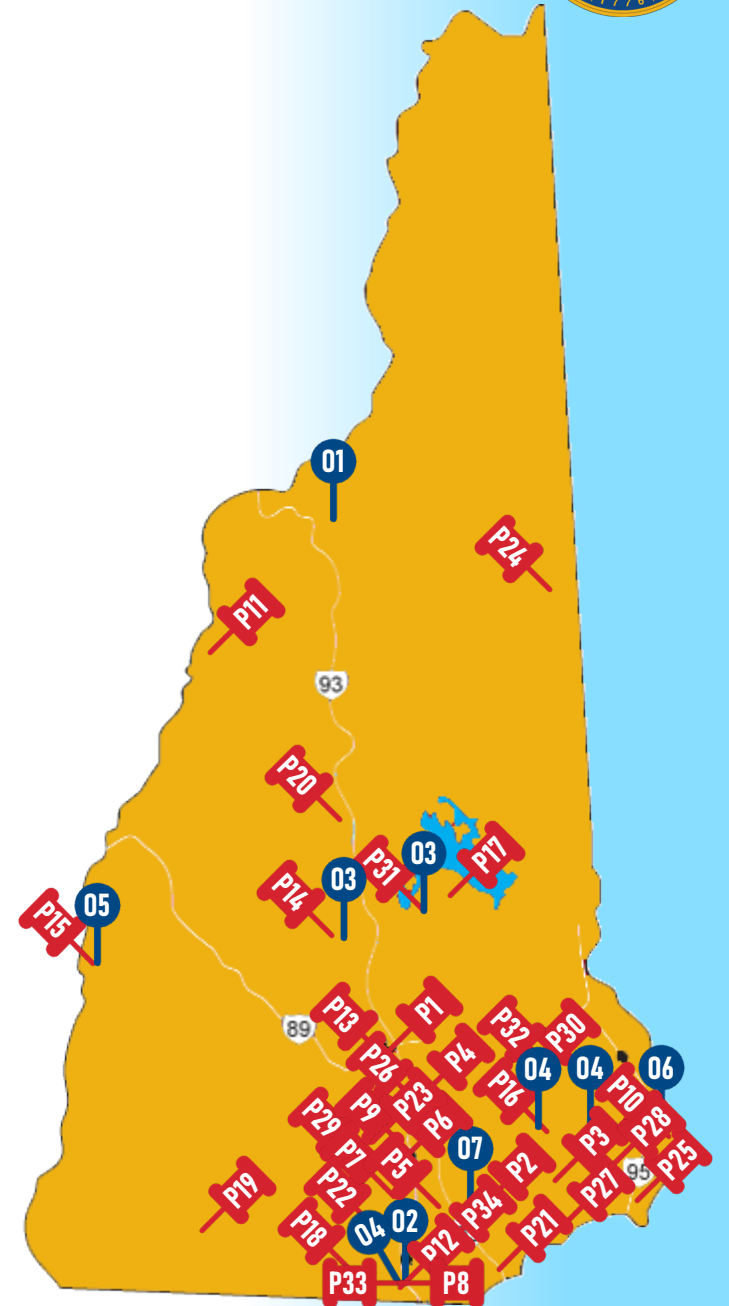
[Rite Aid Pharmacy](#)

P9	Manchester
P10	Portsmouth
P11	Haverhill / Woodsville
P12	Nashua

[CVS Pharmacy](#)

P13	Concord	P24	North Conway
P14	Franklin	P25	Hampton
P15	Claremont	P26	Hooksett
P16	Epping	P27	Plaistow
P17	Gilford	P28	Stratham
P18	Milford	P29	Bedford
P19	Peterborough	P30	Somersworth
P20	Plymouth	P31	Laconia
P21	Salem	P32	Rochester
P22	Merrimack	P33	Nashua
P23	Manchester	P34	Windham

**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.*



Map is for graphical purposes only, it does not represent a legal survey. 11/12/2020

Please click highlighted locations for website link.

STEPS TO A COVID FREE 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.



How to protect yourself and your co-workers in the office.

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.



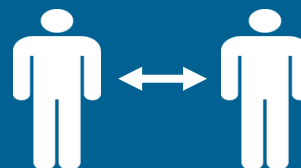
DISINFECT

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.



Stop the Spread

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.



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.



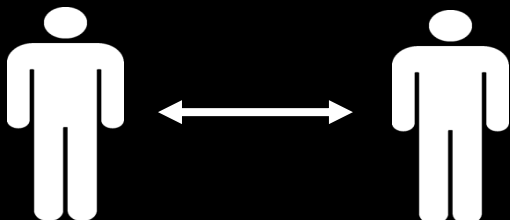
Mask Up

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 contaminated surfaces from entering your body.



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



Disinfect

For more information visit:

- ♦ [cdc.gov](https://www.cdc.gov)
- ♦ [nh.gov](https://www.nh.gov)
- ♦ [dhhs.nhn.gov](https://www.dhhs.nhn.gov)



Helpful Resources

- **New Hampshire COVID-19 Information**– www.nh.gov
- **NH Department of Health & Human Service**– www.dhhs.nh.gov
- **Center for Disease Control**– www.cdc.gov
- **GOFERR Roadmap for Recovery**– www.goferr.nh.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
- **OSHA Guidelines**– <https://www.osha.gov/SLTC/covid-19/construction.html>
- **U.S. Chamber of Commerce**– www.uschamber.com