



COVID-19 RECOMMENDATIONS

HAWAII DEPARTMENT OF HEALTH

WHAT TO DO IF YOU HAVE BEEN TESTED FOR COVID-19

To avoid the spread of illness to others, follow these guidelines until you receive your test results:

Stay home except to get medical care

- Positive test result: You are a COVID-19 **case**.
Stay home for at least 10 days and self-monitor for symptoms
See [WHAT TO DO IF YOU TEST POSITIVE FOR COVID-19](#)
- Negative test result:
 - If you were a close contact of someone with COVID-19 you must stay home for at least 10 days* after your last contact with them.
 - If you continue to be exposed to someone with COVID-19, you must remain at home until at least 10 days* AFTER they are released from isolation
 - Self-monitor for symptoms for 14 days after your last date of exposure
 - Not a close contact of someone with COVID-19 and symptom-free? You are released from quarantine

*14-day quarantine still applies to congregate settings (e.g., long-term care facilities, group care homes, assisted living facilities, correctional facilities, shelters, residential rehabilitation and treatment settings, military recruit housing, etc.).

Make a list of everyone with whom you have had close contact for at least 48 hours (or 2 days) before you had any symptoms or got tested for COVID-19.

- A close contact is anyone who was within 6 feet of an infected person for a total of 15 minutes or more in a day. Also, someone who is in direct contact with secretions from a person with COVID-19 (e.g. being coughed on, kissing, etc.) is a close contact.

Tell your close contacts that they may have been exposed to COVID-19 AND

- **They should stay home** until you get your test results
 - If your COVID-19 test results are NEGATIVE, they may leave home if they are symptom-free
 - **If your COVID-19 test results are POSITIVE**, and

- if your close contacts continue to be exposed to you, they must remain at home until 10 days* **AFTER** you are released from isolation
 - if your close contacts have been able to stay separate from you, they must remain at home for 10 days* after last contact with you
 - encourage your close contacts to get tested
- Monitor symptoms.** If you develop COVID-19 symptoms contact a healthcare provider and let them know you're waiting for your COVID-19 test results. If you do not have a healthcare provider, or if you have questions, visit <https://www.auw211.org/> or call 211
- Seek medical care immediately if your symptoms suddenly get worse, or you develop any symptoms that are severe or concerning including difficulty breathing, persistent pain or pressure in the chest, new confusion, inability to wake or stay awake, or bluish lips or face. **For medical emergencies, call 911** and notify the dispatch personnel that you *may* have COVID-19. Put on a facemask before emergency medical services arrive
- Avoid using any kind of public transportation, ridesharing, or taxis.** If your results are positive your close contacts should also avoid using any kind of public transportation, ridesharing, or taxis
- Separate yourself from other people in your home**
- Stay in a specific "sick room" if possible, if not possible separate yourself as much as you can
 - Use a separate bathroom if available
 - If you need to be around other people in or outside of the home, wear a facemask
 - If possible, eat in your room (have someone leave your meal outside your door)
 - Avoid sharing personal items with other people in your household (e.g., dishes, bedding)
 - Clean all surfaces that are touched often (e.g., counters, doorknobs). Use household cleaning sprays or wipes according to the label instructions
- Avoid direct contact with pets,** including petting, snuggling, being kissed or licked, sleeping in the same location, and sharing food.
- If possible, a household member should be designated to care for pets and should follow standard handwashing practices before and after interacting with the household animal
- Wear a mask around others.** Get rest and stay hydrated
- Wash your hands often** with soap and water for at least 20 seconds or clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol.