



COVID-19 RECOMMENDATIONS

HAWAII DEPARTMENT OF HEALTH

WHAT TO DO IF YOU TEST POSITIVE FOR COVID-19

To avoid the spread of illness to others, you should follow these guidelines.

- Stay home except to get medical care**
 - Remain at home until:
 - At least 10 days have passed since your symptoms first appeared (or if you have no symptoms, at least 10 days have passed since the date your laboratory test was collected); **AND**
 - At least 24 hours have passed since you last had a fever without the use of fever-reducing medications; **AND**
 - Your symptoms have improved (e.g., cough, shortness of breath).
- Avoid using any kind of public transportation, ridesharing, or taxis**
- Separate yourself from other people in your home**
 - Stay in a specific “sick room”
 - Use a separate bathroom
 - If you need to be around other people in or outside of the home, wear a facemask
 - Avoid sharing personal items with other people in your household (e.g., dishes, towels, 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/service animals and should follow standard handwashing practices before and after interacting with the household animal
- Make a list of everyone with whom you have had close contact while you were ill (include from 2 days before you were ill or if you have no symptoms, from two days before your lab test was collected)**
 - Department of Health staff will be calling you for this information
 - Close contact is defined as any of the following:
 - Living in the same household with a person with COVID-19
 - Being within 6 feet of a person with COVID-19 over a 24-hour period for a combined total of 15 minutes or more
 - Caring for a person with COVID-19
 - Being in direct contact with secretions from a person with COVID-19 (e.g. being coughed on, kissing, etc.)
- Get rest and stay hydrated**
- Monitor your symptoms carefully.** If your symptoms get worse, call your usual healthcare provider immediately

- Respond immediately when Department of Health staff calls to monitor you while you are in isolation**

- For medical emergencies, call 911** and notify the dispatch personnel that you have COVID-19.
Emergency warning signs for COVID-19 may include:
 - Trouble breathing
 - Persistent pain or pressure in the chest
 - Newly developed confusion
 - Inability to wake or stay awake
 - Bluish lips or face

- Cover your cough and sneezes**

- 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.