COVID-19
HAWAII DEPARTMENT OF HEALTH

INSTRUCTIONS FOR CLOSE CONTACTS OF A PERSON WITH COVID-19

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.)

☐ Contact your healthcare provider\(^\text{¶}\) to be tested for COVID-19:
  - Positive test result: COVID-19 case and no longer a “close contact”
    Stay home for 10 days and self-monitor for symptoms
  - Negative test result: Not infected with COVID-19 at the time of testing
    May still develop COVID-19 infection
    Must remain in quarantine for period stated below

☐ Stay home (quarantine)
  - Symptom-free household contacts (living in same house; ongoing contact with the person with COVID-19):
    Remain at home for 10 days\(^\text{§}\) after the person with COVID-19 is released from isolation.
  - Symptom-free Non-household contacts (not living with persons with COVID-19):
    Remain at home for 10 days\(^\text{§}\) after you were last in close contact with the person with COVID-19. Your family/household contacts do not need to stay home, unless you test positive or they are ill.

☐ For household and non-household contacts, during your quarantine period you must:
  - Leave home ONLY to receive medical care (call your healthcare provider\(^\text{¶}\) first and inform them you have been in close contact with a person with COVID-19). Do not use any kind of public transportation, ridesharing, or taxis.
  - Not allow any visitors
  - Stay in a separate part of the house from others who live with you, preferably in a bedroom by yourself.
  - If you must be around others in your household, wear a cloth face covering and stay at least 6 feet apart.
  - Monitor your health daily for symptoms of COVID-19 (e.g., fever, cough, difficulty breathing, headache, sore throat, new loss of taste or smell, nausea, vomiting, diarrhea, tiredness, body aches, etc.)
  - If you develop symptoms of COVID-19, call your usual healthcare provider\(^\text{¶}\) and let them know you have been in contact with a person with COVID-19 and you have developed new symptoms.
  - Prevent the spread of germs
  - Do not share personal household items (e.g., dishes, towels, bedding, etc.)
    - Clean all frequently touched surfaces (e.g., tables, doorknobs, handles, phones, keyboards, faucets, etc.)
    - Wash hands often with soap and water for 20 seconds or hand sanitizer that contains at least 60% alcohol
    - Always wash immediately after removing gloves and after contact with a sick person
      Avoid touching your eyes, nose, and mouth with unwashed hands

\(^\text{¶}\) If you do not have a healthcare provider, or if you have questions, visit https://www.auw211.org/ or call 211

\(^\text{§}\) 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 housing, etc.).