



# 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<sup>¶</sup> 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<sup>§</sup> *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<sup>§</sup> 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<sup>¶</sup> 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<sup>¶</sup> 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

<sup>¶</sup>If you do not have a healthcare provider, or if you have questions, visit <https://www.auw211.org/> or call 211

<sup>§</sup>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.).