



# COVID-19 ISOLATION AND QUARANTINE

## HAWAII DEPARTMENT OF HEALTH

### HOME ISOLATION AND QUARANTINE GUIDANCE

#### PERSON WITH COVID-19

(Mild to Moderate Illness in People Who Are Not Severely Immunocompromised)

Must stay home in **ISOLATION** until:

- At least 10 days have passed since symptoms first appeared; **OR** if there are no symptoms, at least 10 days have passed since the date the laboratory test was collected; **AND**
- At least 24 hours have passed since last fever without use of fever-reducing medications; **AND**
- Symptoms have improved

#### HOUSEHOLD CLOSE CONTACT

If having ongoing contact, symptom-free household close contact must stay home in **QUARANTINE for 10 days\*** after person with COVID-19 is **released** from ISOLATION

#### NON-HOUSEHOLD CLOSE CONTACT

Symptom-free non-household contact must stay home in **QUARANTINE for 10 days\*** after last contact with PERSON WITH COVID-19

- Stay separate from others, especially from people at higher risk for severe illness
- **All close contacts must** self-monitor for symptoms for 14 days after last contact with person with COVID-19
- If you develop symptoms, contact a healthcare provider. If you do not have a healthcare provider, or if you have questions, visit <https://auw211.org> or call 211

#### CONTACTS OF CONTACTS

(Co-workers of **HOUSEHOLD CLOSE CONTACTS**)

(Spouse, children, household members, co-workers of **NON-HOUSEHOLD CLOSE CONTACTS**)

If **HOUSEHOLD/NON-HOUSEHOLD CLOSE CONTACTS** are **not** symptomatic and have tested negative for COVID-19, **CONTACTS OF CONTACTS** who are healthy are not required stay home in QUARANTINE.

**ISOLATION:** Separates sick people from people who are not sick. People who are in isolation must stay home. In the home, anyone sick should separate themselves from others by staying in a specific “sick” bedroom or space and using a different bathroom. The sick person should wear a face covering if he/she needs to be in contact with others.

**QUARANTINE:** Separates someone who has been in contact with a person with COVID-19 from others, in case they were infected and become sick. Persons in quarantine must stay at home, separate themselves from household members, monitor their health, and wear a face covering if they need to be in contact with others. Quarantine helps limit further spread of COVID-19.

**SYMPTOMS:** Fever, cough, headache, sore throat, new loss of taste or smell, nausea, vomiting, diarrhea, tiredness, body aches, difficulty breathing. If you experience difficulty breathing, persistent pain or pressure in the chest, new confusion, inability to wake or stay awake, bluish lips or face, or need immediate medical assistance call 9-1-1. Notify the operator that you have or may have COVID-19.

\*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.).