



COVID-19 ISOLATION AND QUARANTINE

HAWAII DEPARTMENT OF HEALTH

HOME ISOLATION AND QUARANTINE GUIDANCE

PERSON WITH COVID-19

(Mild to Moderate Illness who is not Severely Immunocompromised)

Must stay home in ISOLATION until:

- At least 10 days have passed since symptoms first appeared; **AND**
- At least 24 hours have passed since last fever without use of fever-reducing medications; **AND**
- Symptoms have improved (e.g., cough, shortness of breath)

HOUSEHOLD CONTACT

If having ongoing contact, must stay home in QUARANTINE until 14 days after **PERSON WITH COVID-19** is released from ISOLATION

NON-HOUSEHOLD CONTACT

Must stay home in QUARANTINE for 14 days after last contact with **PERSON WITH COVID-19**

- Stay separate from others, especially people at higher risk for severe illness
- Self-monitor for symptoms (fever, cough, shortness of breath)

CONTACTS OF CONTACTS

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

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

If **HOUSEHOLD/NON-HOUSEHOLD CONTACTS** are not symptomatic, **CONTACTS OF CONTACTS** who are healthy are not required to be in QUARANTINE (e.g., may leave household following recommendations for social distancing, cloth face coverings).

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 self-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.

Note: CDC recommends 14 days of quarantine after exposure based on the time it takes to develop illness if infected. In some circumstances, it is possible that a person with *known* COVID-19 could leave isolation earlier than a person who is quarantined because of the *possibility* they are infected.