



COVID-19 Traveler Care Guide

Hawaii Department of Health

If you begin to develop a fever, cough, or shortness of breath, call a healthcare provider. They may tell you to manage your illness at your hotel or rental.

If you need assistance locating a provider while visiting Hawaii, call 211

5 Steps to Follow if you Feel Sick

1. Stay in your hotel or rental



- Avoid contact with others. Do not go to public places or use any public facilities
- Use delivery services for food and other essentials

2. Monitor your symptoms



- If your symptoms get worse call a healthcare provider
- For medical emergencies, call 911

3. Isolate yourself from others in your household



- Stay in a separate room and use a separate bathroom, if possible
- If you must be around other people, wear a facemask
- Avoid touching things around the hotel or rental and sharing personal items

4. Get lots of rest and stay hydrated



- Avoid physical activity and drink lots of fluids
- Try to eat healthy foods to get the nutrients you need to recover

5. Avoid spreading your germs



- Wash your hands often with soap and water
- Cover your cough and sneezes and dispose of tissue immediately
- Clean surfaces frequently with disinfectant products