



COVID-19 RECOMMENDATIONS

HAWAII DEPARTMENT OF HEALTH

WHAT TO DO IF YOU HAVE BEEN TESTED FOR COVID-19 While Traveling In Hawaii

To avoid the spread of illness to others, follow these guidelines until you receive your COVID-19 test results:

- Stay in your hotel or rental except to get medical care**
 - Remain in your hotel until you receive your COVID-19 results
 - Even if your COVID-19 results are negative, you should remain in your hotel room until you have recovered
- All household contacts should remain in the hotel** until test results return
 - If COVID-19 test results are NEGATIVE, household contacts to the person who was tested may leave the hotel if they are symptom-free
 - If COVID-19 test results are POSITIVE:
 - Household contacts must remain in the hotel until 14 days AFTER the person with COVID-19 is released from isolation
 - Household contacts who develop symptoms of COVID-19 (fever, cough, shortness of breath) should call a healthcare provider and let them know they have been in contact with a person with COVID-19. For assistance in locating a provider while traveling, call 2-1-1.
- Avoid using any kind of public transportation, ridesharing, or taxis**
- Separate yourself from other people in your hotel**
 - Stay in a specific “sick room” if possible
 - Use a separate bathroom if available
 - If you need to be around other people in or outside of the hotel room, wear a facemask
 - If possible, eat in your room (have someone leave your meal outside your door)
 - Avoid sharing personal items with other people (e.g., dishes, towels, bedding)
 - Clean all surfaces that are touched often (e.g., counters, doorknobs). Use household cleaning sprays or wipes according to the label instructions
- Avoid direct contact with pets**, including petting, snuggling, being kissed or licked, sleeping in the same location, and sharing food.
 - If possible, a household member should be designated to care for pets and should follow standard handwashing practices before and after interacting with the household animal
- Get rest and stay hydrated**
- Monitor your symptoms carefully.** If your symptoms get worse, call a healthcare provider immediately
- For medical emergencies, call 911** and notify the dispatch personnel that you *may* have COVID-19
- Cover your cough and sneezes**
- Wash your hands often** with soap and water for at least 20 seconds or clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol.