WHAT TO DO IF YOU TEST POSITIVE FOR COVID-19 While Traveling In Hawaii

To avoid the spread of illness to others, you should follow these guidelines.

☐ **Stay in your hotel or rental except to get medical care**
- Remain in your hotel until:
  o At least 10 days have passed since your symptoms first appeared (or if you have no symptoms, at least 10 days have passed since the date your laboratory test was collected); **AND**
  o At least 24 hours have passed since you last had a fever without the use of fever-reducing medications; **AND**
  o Your symptoms have improved (e.g., cough, shortness of breath).

☐ **Avoid using any kind of public transportation, ridesharing, or taxis**

☐ **Separate yourself from other people in your hotel**
- Stay in a specific "sick room"
- Use a separate bathroom
- If you need to be around other people in or outside of the hotel, wear a facemask
- 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/service animals and should follow standard handwashing practices before and after interacting with the household animal

☐ **Make a list of everyone with whom you have had close contact while you were ill (include from 2 days before you were ill or if you have no symptoms, from two days before your lab test was collected)**
- Department of Health staff will be calling you for this information.

☐ **Get rest and stay hydrated**

☐ **Monitor your symptoms carefully.** If your symptoms get worse, call a healthcare provider immediately

☐ **Respond immediately when Department of Health staff calls to monitor you while you are in isolation**

☐ **For medical emergencies, call 911** and notify the dispatch personnel that you have COVID-19. Emergency warning signs for COVID-19 may include:
- Trouble breathing
- Persistent pain or pressure in the chest
- Newly developed confusion
- Inability to wake or stay awake
- Bluish lips or face

☐ **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.

Last Reviewed September 28, 2020