



Instructions for Persons Subject to the Governor's Order to Self-Quarantine in Response to the COVID-19 Pandemic

You must self-quarantine for 10 days if you arrived in the state of Hawaii after March 26, 2020.

How to self-quarantine

You must stay in your home/visitor lodging to prevent the possible spread of COVID-19 to other people.

This means:

- Do not go to public places such as work, school, shopping centers, childcare, or local attractions
- Ask someone to drop off food and other necessities at your front door or order room service
- Do not let visitors in – only people who usually live with you should be in your home
- Do not use shared facilities such as pools, spas, gyms, restaurants, or bars
- If you have a private lanai (patio) or live in a private home, it is safe for you to use your yard or lanai

Others living with you

If you are well, others who live with you do not need to self-quarantine unless they also arrived in the state of Hawaii after March 26, 2020. However, if you develop symptoms and are suspected to have COVID-19, they will be considered close contacts and will need to be quarantined.

Monitor Symptoms

When in quarantine, monitor yourself for symptoms including fever, cough, or shortness of breath.

What do I do if I get sick?

Call a healthcare provider for an urgent assessment if you develop symptoms within 10 days of arriving in Hawaii. If you experience a medical emergency, call 911 and tell them your travel history.

Managing your quarantine

Some ways to counter the possible stress and boredom of quarantine include:

- Keep in touch with family members and friends via telephone, video calls, or other means
- Where possible, keep up normal daily routines, such as eating and exercise
- If possible and desired, arrange to work remotely during your quarantine period
- Ask your child's school to supply assignments or homework
- If you need mental health support, call the Crisis Line of Hawaii (24/7) at 1-800-753-6879
- If you have questions about quarantine or COVID-19, call 211 or visit hawaiiicovid19.com

Returning to your community

People who have completed the 10-day quarantine without developing symptoms can return to their daily activities. Travelers from out of state may return directly home before the end of their 10-day quarantine.