



COVID-19

HAWAII STATE DEPARTMENT OF HEALTH

HOME ISOLATION AND QUARANTINE GUIDANCE

5-DAY ISOLATION AND QUARANTINE

ISOLATION

You must isolate if you tested positive for COVID-19 or if you have symptoms and have been unable to test. This is true whether you are vaccinated or not.

Stay home for at least 5 days and isolate from others in your home. Day 1 is the first full day after your symptoms developed or your test specimen was collected.

Wear a well-fitted mask if you must be around others in your home.

Monitor your symptoms. If you have a medical emergency, call 911 and say you have COVID-19

Let your close contacts, employer, and/or school know that you tested positive.

You may end isolation after **ALL** of the following are true:

- It has been at least 5 full days since your symptoms started (or since your test date, if you had no symptoms).
- You have had no fever for 24 hours, without taking fever-reducing medications
- Your symptoms are improving

If you have a fever or are not yet improving, remain in isolation until all of the above are true.

Take precautions until day 10

Wear a well-fitted mask for 10 full days any time you are around others inside your home or in public. Do not go to places where you are unable to wear a mask.

Avoid travel

Avoid being around people who are at high risk



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QUARANTINE

You must quarantine if you have been within 6 feet of a person with COVID-19 for 15 minutes or more over a 24-hour period (regardless of mask use) **UNLESS** (1) of the following is true:

- you are [up-to-date](#) on COVID-19 vaccinations, OR
- you have recovered from COVID-19 within the last 90 days (confirmed positive using a [viral test](#))

You are up to date with your vaccines if you are 18 years of age or older and have received all recommended COVID-19 vaccines and boosters for your age group, or if you are 5-17 years old and have completed your primary vaccination series at least 2 weeks ago.

Stay home and [quarantine](#) for at least 5 full days.

Day 1 is the first full day after your last contact with a person who has had COVID-19.

Wear a well-fitted mask if you must be around others in your home.

Get tested if possible

Even if you don't develop symptoms, get tested at least 5 days after you last had close contact with someone with COVID-19.

You may end quarantine after ALL of the following are true:

- It has been at least 5 full days since the last contact with the person with COVID-19
- You have had no symptoms
- If you tested, your test was negative

If you have ongoing close contact with a person with COVID-19 (e.g. a parent caring for a child) you must stay home in quarantine for 5 days after the person with COVID-19 is released from isolation.

If you develop symptoms

Begin [isolation](#) immediately and get tested if possible. Continue to stay home until you know the results. Wear a well-fitted mask around others.

Take precautions until day 10

Wear a well-fitted mask for 10 full days any time you are around others inside your home or in public. Do not go to places where you are unable to wear a mask.

Avoid travel

Avoid being around people who are at high risk