



COVID-19

HAWAII STATE DEPARTMENT OF HEALTH

HOME ISOLATION AND QUARANTINE GUIDANCE

ISOLATION

ISOLATION is for people who have tested positive for COVID-19 or who have COVID-19 symptoms, regardless of their vaccination status, to separate from people who do not have COVID-19.

If you are in isolation:

- Stay at home (except to seek medical care) until it is safe for you to be around others.
- At home, stay away from others.
 - Stay in a separate room.
 - Do **not** eat meals with other people.
 - Avoid physical contact with other household members and pets.
 - If you must be around others, wear a mask.
- Do **not** share unwashed personal household items (e.g., cups, utensils).
- Monitor your symptoms.
 - If you have a medical emergency (e.g., trouble breathing, chest pain), call 911 and inform the dispatcher that you have COVID-19.

You can return to routine activities when all the following conditions are met:

- 10 days have passed since symptoms first appeared* **and**
- 24 hours with no fever without use of fever-reducing medications; **and**
- Symptoms have improved or resolved.

*If you never developed symptoms, you can stop isolation, return to routine activities, and be with other people when 10 days have passed after your COVID-19 test was collected.

Note: The Department of Health does **not** provide isolation “clearance” letters. Employers, schools, and other entities should **not** require a negative COVID-19 test, a clinician’s note, or a “clearance” letter to return to routine activities if the person has completed 10 days of isolation and meets the conditions above.

QUARANTINE

QUARANTINE is for people who have been in **close contact*** with a person who has COVID-19.

A **close contact** is defined as being within 6 feet of a person with COVID-19 for 15 minutes or more over a 24-hour period (regardless of mask use).

What to Do If You Are NOT Fully Vaccinated¹

- **Stay home for 10 days** after your last contact* with the person with COVID-19.
- **Get tested** immediately for COVID-19, **even if you don’t have symptoms**.

- You **must** remain at home in quarantine for 10 days, **even if you test negative**.
 - If your test is negative:
 - Get tested again 5–7 days after your last contact with the person with COVID-19.
 - Immediately self-isolate and get tested if you develop symptoms.
- Stay away from others in your home, especially those who are at higher risk for getting very sick from COVID-19.
- If you must be around others, wear a mask.
- Watch for symptoms for 14 days after your last contact with the person with COVID-19.
 - If you develop symptoms, immediately **self-isolate** and **get tested**.

*If you have ongoing close contact with a person with COVID-19 infection because you live in the same house, you **must** stay home in quarantine for 10 days **after** the person with COVID-19 is released from isolation.

You can return to routine activities when both of the following conditions are met:

- 10 days have passed since last close contact with the person with COVID-19; **and**
- No symptoms.

Note: The Department of Health does **not** provide quarantine “clearance” letters. Employers, schools, and other entities should **not** require a negative COVID-19 test, a clinician’s note, or a “clearance” letter to return to routine activities if the person has completed 10 days of quarantine and meets the conditions above.

What to Do If You Are Fully Vaccinated¹

- If you do **not** have symptoms, you do **not** need to quarantine.
- **Get tested** 5-7 days after your last contact with the person with COVID-19, **even if you don’t have symptoms**.
- Watch for symptoms for 14 days after your last contact with the person with COVID-19.
- If you develop symptoms, immediately **self-isolate** and **get tested**.

If You Are A Close Contact but You Have Recovered from COVID-19 in the Last 90 Days

- If you do **not** have symptoms:
 - You do **not** need to quarantine.
 - You do **not** need to be tested for COVID-19.
- Watch for symptoms for 14 days after your last contact with the person with COVID-19.
- If you develop symptoms, immediately **self-isolate** and **contact your healthcare provider**.

Contacts of Close Contacts: People who were **not** in close contact with the person with COVID-19 infection.

- Do **not** have to quarantine.
- Do **not** have to get tested.

¹ People are fully vaccinated 2 weeks after their second dose in a 2-dose series, such as Pfizer-BioNTech or Moderna, or 2 weeks after a single-dose vaccine, such as Johnson & Johnson’s Janssen vaccine.