FOR COVID-19 CASES & CONTACTS

Cases vs. Contacts

CASE
A person who tests positive for COVID-19, with or without symptoms

CLOSE CONTACT
A person who has been within 6 feet of the Case for a combined total of at least 15 minutes over a 24-hour period regardless of mask use (starting 2 days before the Case became ill or tested positive for COVID-19)

CONTACT OF A CLOSE CONTACT
A person who lives with or has been in contact with a Close Contact but has had no contact with the Case

Isolation:
- Must stay at home except to get medical care until:
  - At least 5 full days have passed since symptoms first appeared (or if no symptoms, since test was taken); AND
  - At least 24 hours have passed since last fever without use of fever-reducing medicine; AND
  - Symptoms, if any, have improved

Quarantine:
- Unvaccinated Contacts:
  - Must stay at home for at least 5 full days after last contact with the Case
  - If unable to avoid contact with the Case (living in the same house with no separate bedroom, bathroom, and living space), must stay at home while the Case is in isolation AND for an additional 5 full days
- Vaccinated Close Contacts Who Are Up-To Date:
  - Do not need to stay at home unless symptoms develop

NOTES:
- Wear a mask for 10 days any time you are around others at home or in public
- Do not go to places where you are unable to wear a mask
- Avoid people who are at high risk for severe disease for at least 10 days

No additional testing

Contact:
- Please notify school/employer and all Close Contacts

Defined:

Isolation: keeps someone who has COVID-19 or tested positive for COVID-19 without symptoms away from others, even in their own home

Quarantine: keeps someone who was in close contact with a person with COVID-19 away from others in case they get sick

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Additional Guidance

Where can I get help?

**Medical**
- Call your healthcare provider
- If you do not have a healthcare provider or health insurance, call Aloha United Way 2-1-1

**Other**
- Call Aloha United Way 2-1-1

**Crisis Support, Mental Health or Substance Use Treatment Services**
- Call Hawaii CARES at 1-800-753-6879 (TTY 7-1-1)
- Text ALOHA to 741741

For additional information, visit hawaiicovid19.com/resources

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