SUMMARY GUIDANCE
FOR COVID-19 CASES & CONTACTS

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

CLOSE CONTACT
A person who has been exposed to COVID-19, regardless of vaccination status

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

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WEAR A MASK
• Start wearing a mask as soon as you find out you were exposed.
• Regardless of when you end isolation, wear a well-fitting mask for 10 days any time you are around others at home or indoors 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.
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⚠️ NO ADDITIONAL TESTING
People who have a positive COVID-19 test do not need to re-test or take multiple tests.

🔔 NOTIFY:
Notify school and/or work and all close contacts.

❤️ TAKE CARE OF YOURSELF
• Monitor symptoms and call a healthcare provider if symptoms get worse.
• Call 9-1-1 for medical emergencies (for example, trouble breathing, bluish lips or face, chest pain) and tell the person on the phone you have COVID-19.
• Get plenty of rest and stay hydrated.

⚠️ TAKE PRECAUTIONS
• For 10 days, regardless of vaccination status.
• You can develop COVID-19 up to 10 days after you have been exposed.

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WEAR A MASK
• Wear a well-fitting mask for 10 days any time you are around others at home or indoors in public.
• Do not go to places where you are unable to wear a mask.
• Avoid people who are at high risk of getting very sick for at least 10 days.
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⚠️ NO TEST NECESSARY
Unless:
• Close contact becomes sick or tests positive for COVID-19; or
• You develop symptoms

📍 NO NOTIFICATIONS REQUIRED

For additional information, visit hawaiicovid19.com/resources

Where can I get help?
Medical
Call your healthcare provider
Call 9-1-1 for medical emergencies

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

The Department of Health does not provide isolation “clearance” letters. Employers should not require a negative COVID-19 test or a healthcare provider’s note to return to work if the person meets the conditions and completes isolation.