

SUMMARY GUIDANCE 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

 CASE	 CLOSE CONTACT	 CONTACT OF A CLOSE CONTACT
<p>⚠️ ISOLATION[§] Must stay at home except to get medical care until:</p> <ul style="list-style-type: none"> • 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 <p>👤 WEAR A MASK</p> <ul style="list-style-type: none"> • Wear a well-fitting 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 <p>⊕ NO ADDITIONAL TESTING Has already been tested and confirmed to have COVID-19</p> <p>📄 CONTACT: Please notify school/employer and all Close Contacts</p>	<p>ⓘ QUARANTINE[§]</p> <p>Unvaccinated Contacts: Must stay at home for at least 5 full days after last contact with the Case</p> <p>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</p> <p>Vaccinated Close Contacts Who Are Up-To Date: Do not need to stay at home unless symptoms develop</p> <p>NOTE: UP-TO-DATE depends on your age and time since last vaccination:</p> <ul style="list-style-type: none"> • Age 5-17 years: at least 2 weeks after receiving the 2nd dose of vaccine • Age 18 years and older: <ul style="list-style-type: none"> - at least 2 weeks but no more than 5 months after receiving the 2nd dose in a 2-dose series; OR - at least 2 weeks but no more than 2 months after receiving a single-dose vaccine; OR - receipt of the primary vaccine series AND a booster dose <p>📄 GET TESTED Get tested at least 5 days after last contact with the Case, even if not having symptoms</p> <p>👤 WEAR A MASK</p> <ul style="list-style-type: none"> • Wear a well-fitting 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 <p>🏠 MONITOR FOR SYMPTOMS All contacts (unvaccinated and vaccinated) should monitor for symptoms for 10 days after last contact with the Case. If symptoms develop, immediately self-isolate and get tested.</p> <p>📄 CONTACT: Please notify school/employer</p>	<p>👍 NO QUARANTINE No quarantine required unless the Close Contact becomes sick or tests positive for COVID-19</p> <p>👍 NO TEST NECESSARY Unless:</p> <ul style="list-style-type: none"> • Symptoms develop; or • Close contact becomes sick or tests positive for COVID-19 <p>👍 NO NOTIFICATIONS REQUIRED</p>

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

[§] Employers, schools, or other organizations may have additional restrictions which must also be followed.

Additional Guidance



CASE

♥ TAKE CARE OF YOURSELF

- Monitor symptoms and call a healthcare provider if symptoms get worse
- Call 9-1-1 for medical emergencies (trouble breathing, bluish lips or face, chest pain, etc.) and tell the dispatcher you have COVID-19
- Get lots of rest and stay hydrated



CLOSE CONTACT

♥ TAKE CARE OF YOURSELF

- Avoid contact with the Case and wear a mask if you must be in contact with others at home or in public
- Monitor your health for 10 days after last contact with the Case. If you develop symptoms, isolate and get tested immediately
- Call 9-1-1 for medical emergencies and tell the dispatcher you have been in contact with someone with COVID-19



CONTACT OF A CLOSE CONTACT

♥ TAKE CARE OF YOURSELF & PROTECT OTHERS

Continue following physical distancing and masking guidance when outside of the house

← PROTECT OTHERS →

- Stay home except to get medical care
- Do not allow visitors
- Stay away from other people and pets in the household
 - Stay in a separate room and use a separate bathroom
 - If you must be in the same room as other people, maintain physical distance of at least 6 feet and wear a mask
- Do not share personal items with other people in the household (e.g., toothpaste, towels, bedding, dishes, utensils, phones, etc.)
- Wash hands often, cover coughs and sneezes, and disinfect surfaces and objects regularly
- Have meals and items that you need left at your door. Use paper plates and disposable utensils
- Bag your trash separately from other members of your household

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



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 hawaiiicovid19.com/resources