

# 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<sup>§</sup>

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

### 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.

### 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.

### 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 possible.
  - If you must be in the same room as other people, everyone should wear a mask and maximize physical distancing.
- Wash hands often, cover coughs and sneezes, and disinfect surfaces and objects regularly.

### TAKE PRECAUTIONS

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

### 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.

### MONITOR FOR SYMPTOMS

- Monitor for symptoms for 10 days after last exposure.
- If you develop symptoms, isolate and get tested immediately.

### TEST

- Test if you develop symptoms and follow isolation guidelines.
- Test at least 5 days after last exposure to the person with COVID-19, even if you are not having symptoms.

### NO TEST NECESSARY

Unless:

- Close contact becomes sick or tests positive for COVID-19; or
- You develop symptoms

### NO NOTIFICATIONS REQUIRED

## 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

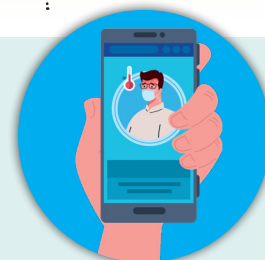
- Call Hawaii CARES at 1-800-753-6879 (TTY 7-1-1)
- Text ALOHA to 741741



For additional information, visit [hawaiiicovid19.com/resources](https://hawaiiicovid19.com/resources)

<sup>§</sup> Employers, schools, or other organizations may have additional restrictions which must also be followed.

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.



Interpreter  
services are  
available

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