



COVID-19

HAWAII STATE DEPARTMENT OF HEALTH

COVID-19 RETURN TO WORK GUIDANCE

Situation	Testing/Isolation/ Exposure	Outcome
<p>COVID-19-LIKE SYMPTOMS</p> <ul style="list-style-type: none"> • Fever ($\geq 100.4^{\circ}\text{F}$) or chills • Cough • Shortness of breath or difficulty breathing • Fatigue • Muscle or body aches • Headache • New loss of taste or smell • Sore throat • Congestion or runny nose • Nausea, vomiting, or diarrhea 	<p>TEST FOR COVID-19</p> <ul style="list-style-type: none"> • Isolate pending results of COVID-19 testing. 	<ul style="list-style-type: none"> • POSITIVE COVID-19 test (REGARDLESS OF VACCINATION STATUS): <ul style="list-style-type: none"> ○ You must isolate if you test positive for COVID-19 or if you have symptoms and have been unable to test. ○ Let your close contacts and employer know that you tested positive. ○ You can return to work when all the following conditions are met: <ul style="list-style-type: none"> ▪ It has been at least 5 full days since your symptoms started (or since your test date, if you have no symptoms) ▪ You have had no fever for 24 hours, without taking fever-reducing medications ▪ Your symptoms are improving ○ If you have a fever or are not yet improving, remain in isolation until all the above are true. ○ Wear a well-fitted mask for 10 full days any time you are around others inside your home or in public. ○ Do not go to places where you are unable to wear a mask. ○ Employers should not require a negative COVID-19 test or provider’s note to return if all the conditions above have been met. • NEGATIVE COVID-19 test (REGARDLESS OF VACCINATION STATUS): <ul style="list-style-type: none"> ○ May return to work if symptoms resolving and no fever for 24 hours without use of fever-reducing medications. ○ If you have continuing symptoms and your negative result was from a home test, continue to isolate and test again after at least 24 hours.
<p>EXPOSURE TO A PERSON WITH COVID-19</p> <p>See Home Isolation and Exposure Guidance and Identifying and Talking to Your Close Contacts for further guidance.</p>	<p>TAKE PRECAUTIONS FOR 10 DAYS, REGARDLESS OF VACCINATION STATUS</p> <ul style="list-style-type: none"> • Wear a well-fitted mask for 10 days when around others inside your home and indoors in public. • Watch for symptoms. • Test if you develop symptoms and follow ISOLATION guidance. • Test at least 5 full days after your last exposure even if you don’t have symptoms. <p>LAB CONFIRMED COVID-19 IN PAST 90 DAYS:</p> <ul style="list-style-type: none"> • If no symptoms, no isolation, and no test. 	<ul style="list-style-type: none"> • POSITIVE COVID-19 test (REGARDLESS OF VACCINATION STATUS), SEE ABOVE. • NEGATIVE COVID-19 test: <ul style="list-style-type: none"> ○ You may end isolation. ○ If you have continuing symptoms and your negative result was from a home test, continue to isolate and test again after at least 24 hours. • LAB CONFIRMED COVID-19 IN PAST 90 DAYS: <ul style="list-style-type: none"> ○ Wear a well-fitted mask when around others inside your home and indoors in public for 10 days. ○ Watch for symptoms. ○ If you develop symptoms, isolate immediately and test. ○ Stay home until you know the results.
<p>ILLNESS with low clinical suspicion for COVID-19 <u>or</u> PAST MEDICAL HISTORY OF OTHER ETIOLOGY (e.g., allergies, asthma)</p>	<p>TEST FOR COVID-19</p> <ul style="list-style-type: none"> • If new or worsening symptoms, test. 	<ul style="list-style-type: none"> • POSITIVE COVID-19 test (REGARDLESS OF VACCINATION STATUS), SEE ABOVE. • NEGATIVE COVID-19 test: <ul style="list-style-type: none"> ○ You may end isolation. ○ If you have continuing symptoms and your negative result was from a home test, continue to isolate and test again after at least 24 hours.

Note: If a person with suspected COVID-19 refuses testing, follow guidance for POSITIVE COVID-19 test (REGARDLESS OF VACCINATION STATUS).