

# 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



 <b>CASE</b>	 <b>CLOSE CONTACT</b>	 <b>CONTACT OF A CLOSE CONTACT</b>
<p>Recommended to stay at home except to get medical care. You can resume normal activities when you have been:</p> <ul style="list-style-type: none"> <li>• Fever-free without the use of fever-reducing medicine; AND</li> <li>• Symptoms, if any, are mild and have improved</li> </ul> <p>for at least 24 hours.</p> <p><b>WEAR A MASK</b></p> <ul style="list-style-type: none"> <li>• Wear a well-fitting mask when you are indoors with other people</li> </ul> <p><b>NO ADDITIONAL TESTING</b> Has already been tested and confirmed to have COVID-19</p>	<p><b>GET TESTED</b> Get tested if you have cold or flu symptoms and are at higher risk for severe disease. Knowing what illness you have can help get you the right treatment. Antiviral medications for COVID-19 and flu work best when taken as soon as possible and are recommended for those at higher risk.</p> <p><b>WEAR A MASK</b></p> <ul style="list-style-type: none"> <li>• Wear a well-fitting mask when you are around others at home or in public</li> <li>• Do not go to places where you are unable to wear a mask</li> <li>• Avoid people who are at high risk for severe disease for at least 10 days</li> </ul> <p><b>Notes-Medical MONITOR FOR SYMPTOMS</b> All contacts (unvaccinated and vaccinated) should monitor for symptoms.</p>	<p><b>NO TEST NECESSARY</b></p> <ul style="list-style-type: none"> <li>• Symptoms develop; or</li> <li>• Close contact becomes sick or tests positive for COVID-19</li> </ul> <p><b>NO NOTIFICATIONS REQUIRED</b></p>

# 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.).
- Get lots of rest and stay hydrated.



## CLOSE CONTACT

### ♥ TAKE CARE OF YOURSELF

- It is recommended to wear a mask if you must be in contact with others at home or in public.
- Monitor your health if you develop symptoms.
- Call your medical provider if your symptoms get worse.
- Call 9-1-1 for medical emergencies.



## CONTACT OF A CLOSE CONTACT

### ♥ TAKE CARE OF YOURSELF & PROTECT OTHERS



Continue practicing good hygiene.

### ☹️ PROTECT OTHERS

- Stay home except to get medical care.
- 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.

The Department of Health does not provide "clearance" letters. Employers should not require a negative COVID-19 test or a clinician's note to return if the persons symptoms are mild and improving.

## 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

### DOH

- ☐ Disease Reporting Line at 808-586-4586

### 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 <https://health.hawaii.gov/docd/disease-types/respiratory-viruses/>