

SYMPTOM MONITORING AND ISOLATION GUIDANCE: EXPOSURE TO AVIAN INFLUENZA A (H5N1)

Step 1: Contact Health Authorities



Call the Hawaii Department of Health (HDOH) or your local healthcare provider to assess your symptoms and arrange for testing and treatment if needed.

Step 2: Isolate at Home and Stay Away From Others

Isolate at home and away from others, including household members, except for seeking medical evaluation until it is determined that you do not have avian virus infection.

If you need to leave home or not able to fully isolate from others, wear a well-fitting mask, such as an N95, to prevent the spread of the virus.

HOME ISOLATION INSTRUCTIONS FOR AVIAN INFLUENZA

-  **Limit your interactions:**
Stay at home and avoid public spaces, work, and school, except for getting medical care. Do not use public transportation, taxis, or ride shares.
-  **Separate from others:**
Stay in a separate room from household members and pets. Use separate bathroom, if possible. If isolation is not feasible, wear a surgical mask when you are around or near others.
-  **Use prescribed antiviral medication:**
If prescribed, take Tamiflu (Oseltamivir) or other antiviral medications as directed. Starting treatment within 48 hours of symptom onset can reduce the severity and duration of your illness and decrease how long you are contagious.
-  **Wear a well-fitting mask:**
If you need to interact with anyone in your household or must go outside, ensure to wear a well-fitting mask (e.g., N95).
-  **Improve ventilation:**
Increase airflow by opening windows, using air conditioning, or turning on fans. If you have one, consider using an air purifier with a HEPA filter.
-  **Cover coughs and sneezes:**
Use tissues or the inside of your elbow to cover your mouth and nose. Immediately dispose of used tissues in a lined trash can and wash your hands.
-  **Hand hygiene:**
Wash your hands frequently with soap and water for at least 20 seconds, especially after coughing, sneezing, or using the bathroom. If soap and water are not available, use an alcohol-based hand sanitizer.
-  **Monitor symptoms:**
Track any changes in your symptoms. If your condition worsens (e.g., difficulty breathing), **immediately seek medical attention**. Call your healthcare provider ahead of time to inform them that you are being evaluated for potential avian influenza infection. This helps them take necessary precautions to prevent spreading the virus.

**For further guidance, questions, or concerns, please contact the Hawaii State Department of Health
Disease Outbreak Control Division | Disease Investigation Branch**



Oahu: 808-586-4586
Maui: 808-984-8213
Kauai: 808-241-3563

Big Island (Hilo): 808-933-0912 After hours on Oahu: 808-600-3625
Big Island (Kona): 808-322-4877 After hours on neighbor islands: 808-360-2575 (toll free)



https://health.hawaii.gov/docd/disease_listing/avian-influenza/

