

Coronavirus Disease 2019 (COVID-19) Frequently Asked Questions



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NOTE: These questions are for **general information about COVID-19**. For **vaccine-related questions**, please see our COVID-19 vaccine FAQs at health.hawaii.gov/prepare/files/2020/12/DOH_COVID-19_FAQs_VACCINES.pdf.

This document provides reliable and up-to-date information to the general public during the continuing COVID-19 global pandemic. Key messages are the importance of maintaining preventive measures while we quickly try to vaccinate as many people as possible. Main preventive measures include the following:

- *practicing **social distancing** during the COVID-19 pandemic*
- ***getting vaccinated for COVID-19 as soon as you are eligible***
- ***frequent hand-washing***
- ***wearing cloth face coverings (“masks”) when out in public (particularly indoors or in large groups outdoors)***
- ***avoiding touching your face with dirty hands***
- ***staying home when you are sick***
 - *Do not go to work, school, and other activities if you are feeling ill.*

Symptoms of COVID-19 include fever, cough, and shortness of breath or trouble breathing, as well as chills, muscle pain, sore throat, new loss of taste or smell, and others.

Acronyms and abbreviations used in this document:

- **2019-nCoV**: 2019 Novel Coronavirus
- **CDC**: US Centers for Disease Control & Prevention
- **COVID-19**: Coronavirus Disease 2019
- **FDA**: US Food & Drug Administration
- **HI-EMA**: Hawaii Emergency Management Agency
- **HDOH**: State of Hawaii Department of Health
- **MERS**: Middle East Respiratory Syndrome
- **SARS**: Severe Acute Respiratory Syndrome
- **SARS-CoV-2**: Severe Acute Respiratory Syndrome Coronavirus 2
- **UHM**: University of Hawai‘i at Mānoa
- **WHO**: World Health Organization

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OVERVIEW

What is COVID-19?

COVID-19 is a new respiratory virus that was first identified in the central Chinese city of Wuhan, in Hubei Province, in December 2019. It has since spread across China and around the

world. On January 30, 2020, the WHO declared a Public Health Emergency of International Concern and on March 11, 2020, declared a pandemic (global outbreak of a disease). The most updated numbers can be found at the HDOH website: health.hawaii.gov/covid19.

HDOH is urging all residents to help prevent the spread of COVID-19 in our communities. You can learn what to do by visiting the HDOH website at: health.hawaii.gov/coronavirusdisease2019/what-you-can-do/how-to-prevent-the-spread-of-covid-19.

What are “variants” of COVID-19?

As with many other contagious diseases, the coronavirus that causes COVID-19 can change over time due to gene mutations that occur when the virus reproduces and spreads to other people. There are multiple variants of the virus that causes COVID-19 and more are expected to occur. Some variants may spread more easily or be more resistant to treatments and vaccines.

CDC, WHO, and other public health organizations are constantly monitoring COVID-19 cases for new variants so we can be prepared. You can learn more about COVID-19 variants by visiting this CDC website: www.cdc.gov/coronavirus/2019-ncov/variants/variant.html.

What is the Delta variant? What do I need to know?

Right now, CDC and public health experts are particularly concerned about the so-called Delta variant, which spreads much more quickly and easily than earlier strains of the coronaviruses and can cause more serious illness and death. The symptoms of the Delta variant are the same as earlier versions of COVID-19.

In some cases, people who are fully vaccinated (i.e., more than two weeks have passed since they received all their vaccine doses) have become infected with the Delta variant of COVID-19, which is known as a “breakthrough infection,” although the risk of severe illness and death are much lower than for unvaccinated people. Fully vaccinated people can also spread the infection to other people, but it appears they are infectious for a shorter time than unvaccinated people.

However, breakthrough infections are uncommon, and fully vaccinated people who become infected have far lower risk of getting very sick from COVID-19 or dying compared to people who are unvaccinated.

This is what you should know about the Delta variant:

- Getting vaccinated is the best protection against Delta and other known variants:
 - The COVID-19 vaccines authorized by the FDA protect against Delta and other known variants.
 - People who are fully vaccinated are much less likely to get very sick or die from COVID-19, compared to people who are not vaccinated.
 - People who are fully vaccinated are less likely to spread COVID-19.
 - At this time, there is no need for a vaccine booster against the Delta variant.

- Unvaccinated people are more at risk of getting seriously ill or dying from the Delta variant of COVID-19 than earlier forms of COVID-19.
- More young people are getting sick with Delta compared to earlier variants. This makes it as important as ever that younger people also get vaccinated (children as young as 12 years old are able to be vaccinated at this time).
- Because the Delta variant spreads more easily and quickly, and because fully vaccinated people may also transmit it, everyone (including fully vaccinated people) should continue wearing masks in public indoor spaces and crowded outdoor settings.

You can learn more about the Delta variant by visiting this CDC website:

www.cdc.gov/coronavirus/2019-ncov/variants/delta-variant.html.

How does COVID-19 spread?

We are still learning how COVID-19 spreads. Although SARS-CoV-2 (the virus that causes COVID-19) likely came from an animal source, it is now primarily spread from person-to-person. Some viruses are very contagious (like measles), while other viruses are less so. This virus spreads very easily and sustainably between people.

Like most coronaviruses (including the common cold), the virus causing COVID-19 spreads mainly through the tiny droplets produced when an infected person coughs or sneezes. These droplets can land in the mouths or noses of people who are nearby and possibly be inhaled into the lungs. People infected with the virus causing COVID-19 can also spread the virus, even if they do not have symptoms of COVID-19.

At this time, our best research shows that COVID-19 is spread in the following ways:

- The virus causing COVID-19 spreads more efficiently than influenza, but not as efficiently as measles, which is highly contagious. The Delta variant spreads much more easily and quickly than earlier versions of COVID-19.
- It spreads most easily between people who are in close contact with one another (within about 6 feet).
- The virus travels through respiratory droplets produced, especially when an infected person coughs or sneezes, but possibly also when they talk, yell, or sing.
- These droplets can land in the mouth, nose, or eyes of someone nearby or possibly inhaled into the lungs.
- COVID-19 may spread like this even if the infected person is not showing symptoms (“asymptomatic”) and does not know they are infected.
- There is evidence that a person can get COVID-19 by touching a surface or object that has the virus on it and then touching their own mouth, nose, or eyes; however, this is not thought to be a main way the virus spreads.
- Mother-to-child transmission during pregnancy seems to be rare, but after birth a newborn is susceptible to person-to-person spread through respiratory droplets. (Please

see [I am currently pregnant](#) and [Can I breastfeed my baby?](#) in a later section to see how pregnant and breastfeeding mothers can protect their child.)

- At this time there is no evidence that the virus spreads through food. The risk of getting COVID-19 from food you cook yourself or from handling and consuming food from restaurants and takeout or drive-thru meals is thought to be very low.

You can learn more about how COVID-19 spreads at the following website:

www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/how-covid-spreads.html.

Can someone spread COVID-19 if they have no symptoms?

Although the virus is usually spread from infected people who have symptoms of COVID-19 (“symptomatic”), we now know that people infected with the virus who have no symptoms (“asymptomatic”) or who are not yet showing symptoms (“pre-symptomatic”) can also spread the virus to other people. This is why it is important for people to wear face coverings in public or in close proximity to other people even if they think they are not infected. This includes people who are fully vaccinated, who should continue wearing face coverings indoors in public places and in crowded places outdoors.

SYMPTOMS AND TREATMENT

What are the symptoms of COVID-19?

Patients with COVID-19 generally report mild symptoms to severe illness, usually 2 to 14 days after exposure. If you have these symptoms, contact your healthcare provider:

- Fever or chills
- Cough
- Shortness of breath or trouble breathing
- Muscle or body aches
- Fatigue
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

Some patients may not report fever, especially the very young, elderly, immunosuppressed, and people taking certain fever-lowering medications. Most people have mild illness and are able to recover at home.

The above list does not include all possible symptoms. This list will be updated as CDC and other researchers learn more.

Are there emergency signs of COVID-19? What should I do if I have them?

People who have COVID-19 or think they have COVID-19 should watch for emergency warning signs and seek emergency medical care immediately, by calling 911 or calling ahead to their local emergency facility (and notifying the operator that they are seeking care for someone who has or may have COVID-19). These emergency warning signs include the following:

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion
- Inability to wake or stay awake
- Bluish lips or face

How long does it take for symptoms to appear?

CDC believes the symptoms of COVID-19 may appear as early as 2 days after exposure and as long as 14 days after exposure.

Are there complications from COVID-19?

Many patients with COVID-19 develop pneumonia in both lungs. In a small percentage of cases, death occurs.

Some people have developed long-term health conditions even after their COVID-19 infection has cleared. These include long-lasting conditions known as “long COVID,” as well as Multiple Inflammatory Syndrome (MIS). You can learn more about them at the following CDC websites:

- “Long COVID”: www.cdc.gov/coronavirus/2019-ncov/long-term-effects.html
- MIS: www.cdc.gov/mis/about.html

Should I be tested for COVID-19 infection?

You should call ahead to a healthcare provider to find out about getting tested for COVID-19 infection if one of the following is true:

- You are a close contact of a person with a laboratory-confirmed COVID-19 infection, *whether you are symptomatic or asymptomatic*.
 - This includes fully vaccinated people, who should get tested three to five days after their contact *even if they have no symptoms*.
- You have recently traveled outside Hawaii and have symptoms of COVID-19.
- You have symptoms of respiratory illness (such as cough or shortness of breath).

People at higher risk for severe disease (older people, those with chronic medical conditions and immunosuppression) should also be prioritized for testing. They should contact a healthcare provider who can help determine whether they should be tested for COVID-19.

You can use the CDC’s “Viral Testing Tool” to see if you should get tested:

www.cdc.gov/coronavirus/2019-ncov/testing/diagnostic-testing.html#who-should-get-tested.

You can also check out the CDC’s “Coronavirus Self-Checker” to see if you should contact a healthcare provider: www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html.

People who have traveled to areas that have community spread of COVID-19, which includes much of the US Mainland as well as other countries, should do the following:

- Monitor their health for 14 days after leaving those areas.
- Call their healthcare provider for guidance and tell them about their symptoms and travel history if they develop a fever or cough.

People who have tested positive for COVID-19 but have *recovered from their symptoms* may continue to test positive for three months or more without being able to spread the virus to others. These people should get tested again only if they develop new symptoms of COVID-19. They should speak with their healthcare provider about getting tested if they have been in close contact with someone who has COVID-19 in the last 14 days.

Is free testing for COVID-19 available in Hawaii?

Yes. HDOH maintains a website that contains information on where to obtain a COVID-19 test, including locations that offer free testing. You can find the information at hawaiicovid19.com/testing-isolation-quarantine.

If I test negative, does that mean I cannot get COVID-19?

No. A negative test means you probably were not infected *at the time your sample was collected*, or that your sample was collected too early in your infection. You could also be exposed to COVID-19 before the test but the infection may be too low to detect at the time the test was performed. If you have symptoms later, you may need another test to determine if you are infected with COVID-19.

A negative viral test does not mean you cannot get infected or get sick later.

What is a “close contact”?

A close contact is someone who meets one of the following descriptions:

- They have been within 6 feet of a COVID-19-infected person for 15 minutes or longer.
- They have been directly in contact with a COVID-19-infected person’s secretions (e.g., they were coughed on).

Who is at greatest risk for severe illness from COVID-19?

Those at higher risk include older adults and anyone with underlying health conditions, although people of all ages and healthy people are also at risk.

Those in the following groups are most vulnerable to severe illness from COVID-19:

- Older adults
 - Risk goes up with age, although all ages have some risk.
 - The greatest risk for severe illness is among those aged 85 and older.

- People of any age with these conditions:
 - Cancer
 - Chronic kidney disease
 - COPD (chronic obstructive pulmonary disease)
 - Weakened immune system (immunocompromised) from organ transplant
 - Obesity (body mass index [BMI] of 30 or higher)
 - Serious heart conditions (e.g., heart failure, coronary artery disease, or cardiomyopathies)
 - Sickle cell disease
 - Type-2 diabetes mellitus (formerly known as adult-onset diabetes)

What other conditions can make you vulnerable for severe illness from COVID-19?

Other conditions may put people at *increased risk* for severe illness from COVID-19, including children. These include the following:

- Asthma (moderate to severe)
- Cerebrovascular disease (affecting blood vessels and blood supply to the brain)
- Hypertension or high blood pressure
- Weakened immune system (immunocompromised) from blood or bone marrow transplant, immune deficiencies, HIV, use of corticosteroids, or use of other immune weakening medicines
- Neurologic conditions such as dementia
- Liver disease
- Pregnancy
- Pulmonary fibrosis (having damaged or scarred lung tissues)
- Smoking
- Vaping
- Thalassemia
- Type-1 diabetes mellitus
- Social determinants of health
 - Crowded housing, poor access to quality healthcare, lower income, incarceration, resident of long-term care facility, certain occupations

People with underlying medical conditions are advised to keep their healthcare appointments, practice preventive measures (e.g., social distancing, frequent hand-washing, wearing face coverings, etc.), and make sure to have at least a 30-day supply of prescription and non-prescription medicines.

Are children affected by COVID-19 in any unique way?

Although children are generally at much lower risk than older adults, there have been over 3,000 cases of a rare but serious condition associated with children and adolescents called Multisystem Inflammatory Syndrome in Children (MIS-C). It can begin weeks after a child or adolescent is infected with the virus causing COVID-19, even in those who had not shown symptoms of COVID-19. As of June 28, thirty-seven deaths are considered likely due to MIS-C.

MIS-C has been described as inflammation across multiple body systems, potentially including the heart, lungs, kidneys, brain, skin, eyes, and gastrointestinal organs. Symptoms can include abdominal pain, vomiting, diarrhea, neck pain, rash, conjunctivitis, and fatigue.

You can learn more about MIS-C at the following CDC page: www.cdc.gov/mis-c/cases.

Are some ethnicities more likely to get coronavirus than others?

No, viruses cannot target people from specific populations, ethnicities, or racial backgrounds. People who have not been in contact with a person who is a confirmed or suspected case are not at greater risk of acquiring and spreading this new virus than others. In particular, people of Chinese or other East Asian descent are not more likely to get or spread the coronavirus.

There is increasing evidence, however, that certain racial and ethnic groups may be more adversely affected than other groups. This is largely due to inequities in social determinants of health, such as poverty and inadequate access to healthcare, that affect some groups worse than others. Some groups are also disproportionately represented in essential work settings and thus at greater risk. Such groups may include Pacific Islanders and foreign-born individuals, as well as Black Americans, people of Hispanic or Latino background, and Native Americans.

What is the test for SARS-CoV-2 or COVID-19? Can any laboratory in Hawaii test for it?

SARS-CoV-2 (the virus that causes COVID-19) is detected through laboratory testing of respiratory specimens and serum (blood). A viral test is looking for genetic material of the virus, which will be in your respiratory samples if you are *currently* infected. An antibody test (see below) looks for antibodies that might appear if you had a *past* infection.

Healthcare providers who think their patients may have COVID-19 can work with HDOH to have their specimens tested. Testing can be performed at the Hawaii State Laboratories Division, at CDC in Atlanta, Georgia, and at some commercial labs.

What is an antibody test?

An antibody test (also referred to as a serology test or serologic test) is a blood test that can see if you have antibodies against a microorganism, such as the virus that causes COVID-19. (Antibodies are specific proteins your body makes in response to infections.)

These are things you should know about antibody tests:

- An antibody test *might* determine if you have previously been exposed to that particular microorganism. According to CDC, it is possible that a positive test result means you have antibodies from an infection with another virus from the coronavirus family.
- **An antibody test should not be used to find out if you have a current infection because it can take 1 to 3 weeks after infection to make antibodies.** A viral test using samples from a person's respiratory system is needed to determine if they are currently infected.
- CDC does not know yet if having antibodies to the virus can protect someone from getting infected with the virus again or how long that protection might last.

You can read more about antibody testing here: www.cdc.gov/coronavirus/2019-ncov/lab/serology-testing.html.

I took a serological (blood) test that says I have antibodies for the virus that causes COVID-19. Does that mean I can stop quarantining or social distancing?

No, if you have been ordered to quarantine, you must abide by the rules of your quarantine until the Department of Health tells you that you can stop.

Scientists are still conducting studies on serologic testing for COVID-19 and it is not clear if the presence of antibodies found in these tests accurately indicates immunity against COVID-19.

How is COVID-19 treated?

At this time, Remdesivir (Veklury) is the only antiviral medication approved by FDA to treat COVID-19. There are no other antiviral treatments proven effective for COVID-19 at this time. Most people have mild illness and are able to recover at home; they may receive supportive care to help relieve symptoms. In severe cases, however, treatment should include care to support vital organ functions.

You can read more about COVID-19 treatments at the following sites:

www.cdc.gov/coronavirus/2019-ncov/your-health/treatments-for-severe-illness.html
www.cdc.gov/coronavirus/2019-ncov/hcp/therapeutic-options.html

Is it safe to try medications intended for other purposes?

COVID-19 treatments should be prescribed by your healthcare provider. People have been seriously harmed or even died after taking products not approved for prevention or treatment of COVID-19, including products approved or prescribed for other medical purposes such as hydroxychloroquine or ivermectin.

Ivermectin, for example, is an antiparasitic medication approved for use in animals and humans to get rid of parasitic worms, head lice, and other parasites. Ivermectin is not an antiviral medication and has not been conclusively found to prevent or treat COVID-19 infection. Using a medication like ivermectin without the oversight of a healthcare provider to prevent or treat COVID-19 can be very dangerous, especially if a large dose is used or if it is mixed with other medications, like blood thinners.

Overdosing on ivermectin can lead to nausea, vomiting, diarrhea, dangerously low blood pressure (hypotension), problems with balance (ataxia), seizures, coma, and death. Using ivermectin prescribed for animals is especially risky because they may contain substances tested for use in animals but not in humans.

Getting vaccinated against COVID-19 with one of the approved vaccines available is by far the best way to prevent infection, serious illness, and death.

You can read more about the risks of using ivermectin to treat or prevent COVID-19 by going to this FDA site: www.fda.gov/consumers/consumer-updates/why-you-should-not-use-ivermectin-treat-or-prevent-covid-19.

How long is a person with COVID-19 infection contagious? When can they be around others?

CDC and others continue to study available data to better understand this. Very likely, as with other coronaviruses, a person is infectious as long as they are ill. However, we continue to monitor the situation to update the information.

Generally, if you have COVID-19, you can be around others in the following situations:

- You can be around others after you receive two negative test results in a row, at least 24 hours apart from each other.
- If you think or know you had COVID-19 and you had symptoms, then after all of the following:
 - 3 days with no fever
 - Symptoms improved
 - 10 days since symptoms first appeared
- If you tested positive for COVID-19 but had no symptoms:
 - 10 days after your test *if you continue to have no symptoms*
 - If you develop symptoms after testing positive, follow the guidance above for **If you think or know you had COVID-19, and you had symptoms**

SITUATION IN HAWAII AND THE UNITED STATES

How many cases of COVID-19 have there been in Hawaii? How many deaths?

Hawaii has experienced well tens of thousands of cases and over five hundred deaths. The latest numbers can be found at the HDOH website: health.hawaii.gov/coronavirusdisease2019.

Am I at risk for COVID-19 in the United States?

Yes, people across the country are at risk for COVID-19. Tens of millions of people are confirmed to have been infected across the US, with over 600,000 deaths associated with COVID-19. Even with stay-at-home orders having been in place across much of the United States since March 2020, CDC expects many more cases to be identified in the coming months. The latest updates are available at CDC's [COVID-19 website](https://www.cdc.gov/covid-19) and [HDOH's COVID-19 website](https://www.hawaii.gov/hdoh/covid-19).

For the general public who has not encountered someone with COVID-19, the immediate risk to their health from COVID-19 is considered low if they take preventive measures such as wearing masks when in public spaces (including public transportation), practicing social distancing, and frequent hand washing, but as the outbreak continues, that risk can increase.

In Hawaii, at present, mask wearing is required indoors even by fully vaccinated people. Mask wearing is not required outdoors by anyone (regardless of vaccination status) but is highly recommended when in large groups.

The following people are at *increased* risk:

- People in places where ongoing community spread is reported are at elevated risk of exposure.
- People who have traveled to places with ongoing community spread.
- Healthcare workers caring for people with COVID-19.
- Family members or close household contacts caring for people with COVID-19.
- Older adults and people with underlying medical conditions who may experience more severe illness if they become infected.

No matter what their risk is, everyone is advised to always wear masks in public when indoors (including public transportation) and outdoors when in large groups, practice “social distancing” to protect themselves and others, and frequently wash their hands. Public health authorities such as CDC and HDOH want everyone to be prepared for the likelihood that COVID-19 will continue to spread widely in the United States for months to come.

Is COVID-19 a danger in Hawaii?

There have been over ten thousand cases of COVID-19 in Hawaii, with hundreds of deaths. So far, many cases have been travel-related or contacts of people who have traveled, but a number have been a part of local clusters, such as parties or in care facilities. CDC is notified of all cases and close contacts of the cases are identified and informed of their exposure, a process called “contact tracing.” This is done through local contact tracers and disease investigators, using information from positive cases as well as location data. Federal, state, and local officials in Hawaii recognize the seriousness of the situation and work diligently with federal officials around the clock to prevent spread of COVID-19 within our state.

HDOH is urging all residents to prepare for the likelihood that COVID-19 will continue to spread widely in our communities. HDOH wants the public to know and practice important preventive measures, such as social distancing, use of cloth facial coverings (“masks”) when in public settings indoors or around other people (including when using public transportation) or in crowded outdoor settings, and frequent handwashing with soap and water for 20 seconds or with alcohol-based hand sanitizer (containing at least 60 percent alcohol), to prevent spread of COVID-19. A short HDOH video demonstrating proper hand-washing technique can be found at: www.youtube.com/watch?v=W2r2iqbEM5s.

Regardless of how widespread COVID-19 becomes in Hawaii, our access to certain resources could still be impacted by this outbreak. Hawaii residents should make sure they and their household are prepared with a family emergency kit that lasts *at least 14 days*, in case a family member is quarantined or if there is a shortage of certain goods, such as medicine and food, in the event of a continuing pandemic. However, residents are reminded that hoarding goods may

adversely affect other members of our island community. You can learn more about preparing a family emergency kit at health.hawaii.gov/prepare/protect-your-family.

HDOH is continually updating information as the situation evolves and federal guidance changes. We urge everyone to learn about COVID-19 by staying informed with credible sources, such as [CDC's website](https://www.cdc.gov) and HDOH's two websites www.hawaii.covid19.com and health.hawaii.gov/covid19.

What would happen if there is widespread person-to-person transmission in Hawaii or elsewhere in the United States? What is the reason we are trying hard to prevent this?

While proactively carrying out prevention measures may slow the spread of COVID-19, it is important to be prepared for the possibility that it will become more widespread in Hawaii.

According to CDC, if there is widespread transmission of COVID-19 in a particular area, there would be large numbers of people needing medical care at the same time, overwhelming hospitals and healthcare providers and public health, with elevated rates of hospitalization, severe illness, long-term health problems and death. Other critical infrastructure, such as law enforcement, emergency medical services, and the transportation industry may also be affected.

At this time, many people are still not yet vaccinated against COVID-19 and no medications approved to treat it, so in order to prevent or reduce person-to-person transmission, Hawaii and other states have issued stay-at-home orders asking people to shelter in place for at least several weeks. (See [What measures are being done to prevent widespread transmission?](#) below.)

Does HDOH tell us where there is a confirmed case in Hawaii and where the case is located?

HDOH informs the public whenever there are new confirmed cases. A map of the areas where there have been cases can be found at this HDOH site:

health.hawaii.gov/coronavirusdisease2019/what-you-should-know/current-situation-in-hawaii.

Does HDOH release the names of confirmed cases, deaths, or persons under investigation?

HDOH protects the privacy of persons and their households and does not release names or other information that could be used to identify a person infected with COVID-19, someone who has died, or someone under quarantine. HDOH may release information about the number of people infected based on county or ZIP code.

At the same time, those who may have been exposed have a right to know and to protect themselves. When HDOH identifies a potential case of COVID-19, a detailed investigation is performed that includes tracing and contacting all close contacts of that person during the time that they were infectious. Since the virus is spread by prolonged close contact, people who have briefly been in the same indoor environment or had brief interactions are not considered to be at risk for infection.

What is the guidance for home isolation and quarantine?

People who have tested positive for COVID-19 and the people they have come in close contact with, both at home and outside the household, must take precautions to protect themselves and the community by preventing further spread of the coronavirus. An exception is made for people who have received all doses of an FDA-approved COVID-19 vaccine (two for Pfizer or Moderna, one for Johnson & Johnson) at least two weeks prior to first exposure, as long as they do not have symptoms of COVID-19 (see **If I have been vaccinated, do I still have to quarantine or isolate...** below for details).

Person with COVID-19 (mild to moderate illness who is not severely immunocompromised)

If you are a person with COVID-19, whether vaccinated or unvaccinated, you must stay in isolation until the following conditions have been met:

- At least 10 days have passed since your symptoms first appeared and
- At least 24 hours have passed since your last fever without the use of fever-reducing medications and
- Your symptoms (e.g., cough, shortness of breath) have improved.

Person with COVID-19 who has no symptoms (asymptomatic or pre-symptomatic)

Even if you do not have any symptoms, if you have a positive COVID-19 laboratory test, you must stay in isolation until at least 10 days have passed since your first positive test for COVID-19. Even fully vaccinated people should isolate if they test positive for COVID-19. If you develop symptoms after testing positive, follow the guidance above for “***Person with COVID-19.***”

Person who is a close contact of someone with COVID-19

Until December 2, 2020, CDC had recommended that close contacts of someone with COVID-19 quarantine *for 14 days*, but this has been reduced to 10 days, with important conditions and exceptions outlined below.

This reduction in quarantine period from 14 days to 10 days for many cases is intended to increase community compliance, help preserve physical and mental health for those in quarantine, and reduce economic hardship resulting from quarantining, while still decreasing the chance of asymptomatic and pre-symptomatic spread as much as possible.

Fully vaccinated person who is a contact of someone with COVID-19

Even if you are fully vaccinated, it is possible to be infected with COVID-19. If you have been around someone with COVID-19, you should get tested three to five days after your exposure, even if you have no symptoms. During this time you should do the following:

- Wear a mask indoors in public for 14 days following exposure or until your test result is negative.
- Isolate for 10 days if your test result is positive.
- Self-monitor for symptoms of COVID-19 (e.g., fever, cough, shortness of breath).

*Unvaccinated person who is a **household contact** of someone with COVID-19*

If you are in the same household of someone with COVID-19 and you have ongoing contact, you must stay home in quarantine until 10 days after the person with COVID-19 is released from isolation. An exception is made for people living or working in congregate settings (see below). During the quarantine you should do the following:

- Stay separate from others, especially people at higher risk for severe illness.
- Self-monitor for symptoms of COVID-19 (e.g., fever, cough, shortness of breath). If possible, check your temperature twice daily.
- If possible, stay at least 6 feet from other people and animals in your household.
- *Even though quarantine may end after 10 days, close contacts within the same household should continue self-monitoring for symptoms and adhere to all recommended prevention measures for the full 14 days (i.e., mask use indoors or in crowded settings, social distancing, frequent and thorough hand washing, avoiding crowds, thorough cleaning and disinfecting of area around them, using adequate indoor ventilation).*
- If COVID-19 symptoms appear, quarantine should continue for 14 days.
- Close household contacts who have received all doses of an FDA-approved COVID-19 vaccine (two for Pfizer or Moderna, one for Johnson & Johnson) are not required to quarantine if all of the following are true:
 - They received their second vaccine dose at least two weeks prior to the earliest date of COVID-19 exposure.
 - They have remained asymptomatic since the current COVID-19 exposure.

*Unvaccinated person who is a **non-household contact** of someone with COVID-19*

If you are a close contact of someone with COVID-19, but not from the same household, you must stay home in quarantine until 10 days after your last contact with the person with COVID-19. An exception is made for people living or working in congregate settings (see below). During this time you should do the following:

- Stay separate from others, especially people at higher risk for severe illness.
- Self-monitor for symptoms of COVID-19 (e.g., fever, cough, shortness of breath). If possible, check your temperature twice daily.
- If possible, stay at least 6 feet from other people and animals in your household.
- *Even though quarantine may end after 10 days, non-household close contacts should continue self-monitoring for symptoms and adhere to all recommended prevention measures for the full 14 days (i.e., mask use, social distancing,*

frequent and thorough hand washing, avoiding crowds, thorough cleaning and disinfecting of area around them, using adequate indoor ventilation).

- If COVID-19 symptoms appear, quarantine should continue for 14 days.
- Close contacts of a COVID-19 case who live or work in congregate settings must adhere to the original 10-day quarantine period. Congregate settings include, but are not limited to, the following:
 - Long-term care facilities
 - Group care homes
 - Assisted living facilities
 - Shelters
 - Military recruit housing
 - Residence halls (dormitories)
- Non-household close contacts who have received all doses of an FDA-approved COVID-19 vaccine (two for Pfizer or Moderna, one for Johnson & Johnson) are not required to quarantine if all of the following are true:
 - They received their second vaccine dose at least two weeks prior to the earliest date of COVID-19 exposure.
 - They have remained asymptomatic since the current COVID-19 exposure.

*Unvaccinated person who is a **contact of a contact** of someone with COVID-19*

A contact of a contact is someone who has not come in close contact with a COVID-19 case but has come in close contact with someone who is a close contact with a COVID-19 case. Examples of this include the following:

- Co-workers of household contacts
- Spouse, children, household members, and co-workers of non-household contacts

If the household/non-household contacts are not symptomatic, then the contacts of contacts who are healthy are not required to be in quarantine. That means they may leave the household as long as they follow recommendations for social distancing and face coverings. You can find more information on the isolation and quarantine guidelines at the following webpage: health.hawaii.gov/coronavirusdisease2019/files/2020/04/What-To-Do-If-You-Test-Positive-For-COVID19_040120.pdf.

If I have been vaccinated, do I still have to quarantine or isolate if I am exposed to someone with suspected or confirmed COVID-19?

Because of the more easily spreading Delta variant, guidance has changed for people who are fully vaccinated (i.e., at least 14 days has passed since their final vaccine dose).

If you are full vaccinated and you've been around someone who has COVID-19, you should do the following:

- Get tested three to five days after your exposure, *even if you have no symptoms*.

- Wear a mask indoors in public for 14 days following exposure or until your test result is negative.
- Isolate for 10 days if your test result is positive.

People who have been fully vaccinated for COVID-19 are not required to quarantine if they meet all of the following requirements:

- They have received all doses of an FDA-approved COVID-19 vaccine (two for Pfizer or Moderna, one for Johnson & Johnson).
- They have received their second vaccine dose at least two weeks prior to the earliest date of COVID-19 exposure.
- They have remained asymptomatic since the current COVID-19 exposure.
- They are not a resident or inpatient in a healthcare setting or a congregative care setting (e.g., nursing home, care home, etc.).

NOTE: Even if you have been fully vaccinated, if you experience symptoms of COVID-19 within 14 days of exposure you should contact your healthcare provider for evaluation and possible testing for COVID-19.

Is the State of Hawaii issuing “vaccine passports” or requiring people to be vaccinated?

At this time there is no statewide mandate to get vaccinated and no “passport” is required, although some institutions such as the University of Hawaii are requiring people be fully vaccinated in order to come to class in person.

On August 5, 2021, Governor Ige announced that all state and county employees in Hawaii must provide their vaccination status to their department, office, or agency by August 16, 2021. Those employees who cannot provide proof of vaccination will be subject to regular COVID-19 testing. Employees will be responsible for covering the cost of testing, but they may also obtain testing from free testing sites to meet this requirement. Location of these sites can be found at hawaiicovid19.com/testing-isolation-quarantine.

You can read more about this announcement at governor.hawaii.gov/newsroom/office-of-the-governor-news-release-governor-ige-signs-emergency-proclamation-establishing-vaccination-and-testing-policy-for-state-and-county-employees.

Can I get a “clearance letter” after my isolation or quarantine is over?

Yes. HDOH provides clearance letters upon request, to inform your employer, school, etc., that you have successfully completed your isolation or quarantine and are able to return to work, study, etc.

You can request a clearance letter from the contact tracer or case investigator who you’ve been in touch with. Some healthcare providers may also be able to provide clearance letters, if you have been seeing them about COVID-19.

What are the differences between “isolation” and “quarantine”?

Isolation and quarantine are two important tools for protecting the public during the COVID-19 pandemic. Although some people use the terms interchangeably, they mean different things.

Isolation

- Isolation separates sick people from people who are not sick.
- People who are in isolation must stay home.
- In the home, anyone who is sick should separate themselves from others by staying in a specific “sick” bedroom or space and using a different bathroom.
- The sick person should wear a face covering if they are in contact with others.
- Isolation in a hotel may be possible for people who cannot safely isolate at home. See

Quarantine

- Quarantine separates someone who has been in contact with a person with COVID-19 from other people, in case they have been infected and become sick, to prevent spread.
- People who are in self-quarantine must stay at home.
- People in self-quarantine must separate themselves from household members as much as possible.
- People in self-quarantine should monitor their health and wear a face covering (“mask”) if they need to be in contact with others.
- A mandatory 10-day quarantine is also currently required for travelers from out of state or other countries (“trans-Pacific travelers”) as well as travelers from Oahu to other islands (“inter-island travelers”), except those participating in the pre-travel testing program (note: inter-island . Please see [Is Hawaii quarantining travelers to our state?](#) for more details on the mandatory 10-day quarantine, and [Are there exceptions or alternatives to the 10-day quarantine for travelers to Hawaii?](#) for more details on the pre-travel testing program.

If I am working with COVID-19 patients or I know of someone who has COVID-19, what can I do to protect and help reduce stigma for that person?

There are several things you can do to protect individuals and reduce stigma:

- Maintain privacy and confidentiality of those seeking healthcare and those who may be part of any contact investigation or other services (e.g., wraparound services) related to the COVID-19 outbreak.
- Raise awareness of COVID-19 while showing empathy for people’s concerns and fears.
- Counter myths and rumors by sharing accurate information about how the virus spreads.
- Speak out against negative behaviors, including negative statements on social media about groups of people, or exclusion of people who pose no risk from regular activities.
- Share with others the need for social support for people who have experienced stigma, who have returned from an area with ongoing spread, or who are worried about friends or relatives in affected areas.

When there are cases in Hawaii, how are they isolated? What are the procedures and protocols, including for visitors to Hawaii?

HDOH coordinates closely with Hawaii's healthcare facilities to ensure any clinic, hospital, or other healthcare setting is ready to care for a person infected or potentially infected with COVID-19 with appropriate isolation precautions. Cases not needing hospitalization will be subject to at-home isolation with close monitoring by public health and ready access to medical care.

Tourists and other non-residents of Hawaii who have tested positive for the virus causing COVID-19 can call 1-800-GO-HAWAII (1-800-464-2924) to receive a list of hotels that are willing to take in individuals who are infected with COVID-19. It is the responsibility of the individual to pay for the hotel room and any other additional expenses related to staying at the hotel (including transportation, food, medication, etc.).

If I need to isolate but cannot safely do so at home, how I can use the "isolation and quarantine hotel" that I've heard about?

Temporary housing is provided in some cases for residents of Hawaii who feel they cannot safely self-quarantine or self-isolate at home, while they are waiting for COVID-19 test results or if they have tested positive for COVID-19.

Because the Delta variant spreads so quickly, it is safest for most residents of Hawaii to isolate or quarantine at home while following CDC guidelines for avoiding transmission within the household, rather than waiting for isolation/quarantine space to become available. (People in congregate housing situations are an exception to this and should seek assistance with isolation/quarantine.)

You can learn how to safely isolate or quarantine at home by going to this CDC page: www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/steps-when-sick.html.

You can learn how to safely care for someone with COVID-19 who is isolating in your home at this page: www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/care-for-someone.html.

If you are a Hawaii resident and you feel you need isolation/quarantine assistance, you can request assistance or a referral for this service by calling the Hawaii CARES call center at **808-832-3100**. A representative will help you complete a referral form over the telephone.

Referral does not guarantee placement in a hotel or other facility. Your form will be assessed by HDOH to determine eligibility before placement. You can also fill out an online form to request these services directly at bhhsurgprod.powerappsportals.us.

What is self-monitoring?

People with travel history to areas where there is widespread community transmission but who have no symptoms of COVID-19 may be asked to stay home or in their hotel room and self-

monitor for 10 days and check themselves for symptoms of COVID-19 (sometimes called “self-quarantine”). If they develop a fever, cough, or other symptoms of COVID-19, they should call their healthcare provider for guidance and tell them about their symptoms and travel history. Go to this website for information about travel during COVID-19:

www.cdc.gov/coronavirus/2019-ncov/travelers/index.html.

What is HDOH doing to monitor the situation with COVID-19?

Vigilance and monitoring

- HDOH is actively working to detect potential cases of COVID-19 as early as possible by monitoring its disease surveillance systems to identify persons that require investigation and testing and are reviewing internal protocols to ensure proper management of cases.
- HDOH is working with its federal airport partners (US Customs and Border Protections and CDC’s Division of Global Migration and Quarantine) who are performing enhanced screening to identify travelers from countries with widespread transmission of COVID-19. Its disease investigation staff are actively monitoring these individuals with daily phone calls to record their temperature and confirm that they are avoiding contact with the public.
- HDOH is in constant communication with the CDC, public health partners in other jurisdictions, and local legislators and state officials to ensure Hawaii is aware of new developments in the COVID-19 outbreak.
- Over the past 15 years HDOH has been developing and refining its respiratory disease surveillance systems following CDC guidelines. This system includes sentinel influenza-like illness surveillance sites, virologic surveillance, pneumonia and influenza associated mortality, and cluster/outbreak investigations. HDOH is monitoring these systems on a daily basis looking for changes that might indicate the presence of COVID-19 clusters.

Preparation and Prevention

- HDOH is working with the medical community to issue Medical Advisories and Alerts and to ensure that hospitals and providers are following infection control recommendations and are prepared to detect and treat any patient with symptoms and travel history consistent with COVID-19.
- HDOH is communicating regularly with its local partners in the travel industry and schools to address their concerns and ensure the latest and most accurate guidance and information are being shared with their staff.

What are hospitals in Hawaii doing about COVID-19?

HDOH is sharing with and updating infection control guidance to healthcare facilities to ensure hospitals and healthcare providers are prepared should they encounter a person potentially infected with COVID-19. Hospitals and healthcare providers, in turn, are reviewing their infection control policies and stepping up their ability to handle COVID-19 cases. Hospitals and

HDOH are in regular communication with federal partners to ensure supplies of personal protective equipment for healthcare workers are adequate.

PREVENTION AND PROTECTION

What measures are being done to prevent widespread transmission?

Vaccinating as many people as possible against COVID-19 is the most important tool we have to prevent further spread of COVID-19. Federal, state, and local officials encourage everyone who is eligible to get the COVID-19 vaccine, which is widely available.

Additionally, social distancing remains a key component of prevention. Across the country, many large events that attract multiple people, including sporting events, entertainment, etc., have been canceled or postponed. Even as the country “reopens,” events that are encouraged to practice social distancing (i.e., having people at least six feet apart). In many areas, including Hawaii, school had been temporarily canceled.

Starting in mid- and late March, Governor David Ige issued several directives and restrictions to promote social distancing and control COVID-19 in Hawaii. They include the following:

- [Quarantining all travelers arriving in Hawaii](#), including state residents, for 10 days. (See [Is Hawaii quarantining travelers to our state?](#) below for more information.)
- Encouraging only essential workers go to their jobs, while others work from home if possible.
- Limiting social gatherings per CDC guidelines.
- Residents are asked to avoid any non-essential travel.
- Services and activities at places of worship are suspended.
- High-risk individuals are asked to stay home and take additional precautionary measures.
- Visitors are asked to postpone their vacations to Hawaii for the time being.

These measures continue to be in place with various degrees of restrictions. To learn more, visit the Governor’s news page: governor.hawaii.gov/category/newsroom.

The State of Hawaii has plans to safely reopen the economy as conditions allow. The guidelines and other information can be found at this website: recoverynavigator.hawaii.gov. Reopening of businesses and resumption of activities are based on the businesses’ ability to keep both employees and customers safe and to continue following social distancing guidelines. They must implement physical distancing requirements such as capacity limits and ensuring 6 feet or more between individuals using floor markings and signage. They should also limit in-person work when possible, reduce the number of high-touch surfaces and objects, and communicate health and safety protocols to all employees, customers, and visitors.

Is there a lockdown on Oahu because of high numbers of cases?

The City & County of Honolulu has a system of restrictions based on four tiers. Tier 1, when COVID-19 cases are the highest and the community spread is greatest, has the most restrictions. As conditions improve, the City & County of Honolulu will move through other tiers with fewer restrictions.

Starting February 25, 2021, the City & County of Honolulu will be at tier 3. Under these restrictions, people living on Oahu may leave their residence for essential activities (e.g., shopping for food, seeking medical care, exercise, caring for a family member, etc.), essential governmental functions, or operating essential businesses or designated businesses. Gatherings in groups of 10 or fewer will be allowed but with restrictions. Face coverings (“masks”) must be worn in public spaces during these times, including on public transportation. All such allowed activities must, to the extent possible, maintain social distancing requirements, including the six-foot physical distancing requirement for both employees and members of the public (both inside and outside the facility). Throughout Hawaii, mask wearing is required when in public indoor settings and is strongly recommended when in crowded outdoor settings, regardless of vaccination status.

Other tier 3 restrictions include (but are not limited to) the following:

During this time, essential workers and businesses will be allowed to work, along with some others with restrictions, including:

- Healthcare operations
- Grocery stores
- Gas stations
- Banks and financial institutions
- Hardware stores
- Restaurants for delivery or carryout, and in-person dining in a limited capacity
- In-person spiritual services with modifications to prevent COVID-19 spread
- Childcare facilities as described in the order

Individuals can leave their residence for the following reasons:

- Performing essential activities or essential work
- Getting a COVID-19 test
- Engaging in outdoor activity as allowed by law
- Accessing the ocean for outdoor exercise purposes (e.g., surfing, solo paddling, swimming). Going across or through beaches is allowed for this purpose.

Among the restrictions:

- Restaurants may operate with strict social distancing guidelines in place (see www.oneoahu.org/faqs for details).

- Retail businesses, real estate businesses, auto dealerships, and golf courses may operate but with restrictions (e.g., by appointment, small groups, etc.). See www.oneoahu.org/faqs for details.
- Indoor and outdoor social gatherings of more than 10 people are not allowed.
- Groups no larger than 10 people can use beaches, parks, trails and camping. Canopy use is restricted depending on type of facility (see www.oneoahu.org/faqs for details).
- Salons may provide core services with proper social distancing.
- Gyms and fitness facility operators may provide services indoors and with social distancing, but only at 50% capacity.
- Zoos and golf courses are open, with restrictions, for groups no larger than 10 people.

Details on all current tier 2 restrictions in the City & County of Honolulu can be found at this website: www.oneoahu.org/reopening-details and www.oneoahu.org/reopening-tier3.

Information on the types of restrictions for each tier can be found at this website: www.oneoahu.org/reopening-strategy.

The City & County of Honolulu maintains an FAQ on the new stay-at-home order here: www.oneoahu.org/faqs.

What are the restrictions on islands other than Oahu?

Different restrictions are found in different counties throughout the state. To find out more, visit the URLs below:

- **Kauai County (Kauai, Niihau)**
www.kauai.gov/COVID-19
- **Maui County (Maui, Molokai, Lanai)**
www.mauicounty.gov
- **Hawaii County (Hawaii Island, aka Big Island)**
<https://coronavirus-response-county-of-hawaii-hawaiicountygis.hub.arcgis.com/pages/travel>

How can I protect myself and my family? How can I prevent the spread COVID-19?

The best way to prevent transmission of any respiratory illness (including flu) is to follow everyday preventive actions:

- Get vaccinated for COVID-19 as soon as you are eligible. Make sure to follow through with the second dose (of Moderna or Pfizer) if required.
- Practice social distancing.
 - Keep at least six feet away from other people (about two arms' length), to keep droplets away from each other when speaking, coughing, or sneezing.
 - Avoid groups of more than a few people (local restrictions may prevent you from meeting in larger groups).
 - Limit close contact with others outside your household in both indoor and outdoor spaces.
 - Avoid close contact with people inside your home who are sick.

- Cover your mouth and nose with a mask when around others.
 - Wearing a mask in public settings and when around people who don't like in your household, especially when other social distancing measures are difficult to do, is one of the most effective ways to prevent the spread of COVID-19. In Hawaii, at present, mask wearing is required even by fully vaccinated people when in indoor public settings and is recommended when in crowded outdoor settings.
- Get your flu shot. With current seasonal flu activity, it is likely there will be confusion as persons with flu will exhibit some of the same symptoms as COVID-19, such as fever and cough. We strongly recommend residents ages 6 months and older protect themselves against flu by receiving the seasonal flu vaccination.
- Wash your hands often with soap and water for at least 20 seconds, especially after going to the bathroom; before eating or preparing food; and after blowing your nose, coughing, or sneezing.
- If soap and water are not readily available, use an alcohol-based hand sanitizer with at least 60% alcohol. Always wash hands with soap and water if hands are visibly dirty.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Avoid close contact with people who are sick, including at your home.
- Stay home when you are sick.
- Cover your cough or sneeze with a tissue; then throw the tissue in the trash.
- Clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipe. You can learn more about safely and effectively cleaning and disinfecting your home at this CDC site: www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/disinfecting-your-home.html.
- When out in public or around other people, wear a mask, particularly indoors and in crowded outdoor settings. Disinfect objects you will touch, like the cart or gasoline pump, using a disinfectant wipe.
- Use online services instead of shopping in person when possible to avoid contact with other people.
- Monitor your health daily. Be alert for symptoms of COVID-19.
- Follow directions by state and local authorities, as well as HDOH and CDC.

What kind of alcohol is safe to have in hand sanitizer?

The only forms of alcohol that can be safely used in hand sanitizer are isopropyl alcohol and ethanol (also known as ethyl alcohol). Some hand sanitizers have been found to contain methanol which is dangerous if absorbed through the skin and deadly if ingested.

The FDA has warned that some alcohol-based hand sanitizers may have been contaminated with methanol during manufacture and have since been recalled. More information on this warning and the recall, as well as a list of affected products, can be found at this FDA website: www.fda.gov/drugs/drug-safety-and-availability/fda-updates-hand-sanitizers-methanol.

Are there other safety concerns for alcohol-based hand sanitizers?

Although alcohol-based hand sanitizers are safe when used as directed, FDA provides several warnings:

- Hand sanitizer should never be ingested by mouth. FDA urges consumers not to drink any of these products.
- Some hand sanitizers do not contain a sufficient amount of ethanol or isopropyl alcohol to be effective. CDC recommends consumers use an alcohol-based hand sanitizer that contains at least 60 percent ethanol.
- Beware of false or misleading claims (e.g., prolonged protection for up to 24 hours, or “FDA-approved”)
- Be careful about hand sanitizers packaged to appear as drinks, candy, or liquor bottles, as their appearance could result in accidental ingestion, particularly by children who may not understand the product’s label. Small children are particularly at risk with these products since ingesting only a small amount of hand sanitizer may be lethal in a small child.

Should I delay other medical care due to COVID-19? How can I safely get medical care?

No, you should not delay care that you need to manage medical conditions or to address new health issues. However, you should take precautions to avoid unnecessary contact:

- Talk to your doctor online, by phone, or through email when possible.
- If you must visit in person, protect yourself and others with preventive measures.
- If you need emergency medical care, seek it immediately.
- Make sure your children receive their vaccinations on time, so they continue to be protected from deadly vaccine-preventable diseases. Call your pediatrician’s office to learn about the safety protocols they have in place.
- If possible, use drive-thru windows or curbside services, mail-order, or other delivery services to receive your medication.

I am currently pregnant. What should I be aware of regarding COVID-19?

Based on what is known at this time, pregnant people might be at an increased risk for severe illness from COVID-19 compared to non-pregnant people. Additionally, there may be an increased risk of adverse pregnancy outcomes, such as preterm birth, among pregnant people with COVID-19.

Therefore, if you are pregnant, be careful to protect yourself and help reduce the spread of the virus that causes COVID-19 by doing the following:

- Limiting your interactions with other people as much as possible
- Taking precautions to prevent getting COVID-19 when you interact with others such as:
 - Avoiding people who are sick or who have been exposed to the virus
 - Frequent handwashing (especially if your hands are dirty or after touching other people, including children, and after touching surfaces outside your home or items you brought into your home)

- Cleaning and disinfecting frequently touched surfaces

If you start feeling sick and think you may have COVID-19, call your healthcare provider.

You can find out more about how pregnant women can protect themselves and their child from COVID-19 at the following CDC site: www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/pregnancy-breastfeeding.html.

I have COVID-19. Can I breastfeed my baby?

You and your family should consult with your healthcare provider about whether to start or continue breastfeeding. Breastmilk provides protection against many illnesses and is the best source of nutrition for most infants. It is not known if mothers with COVID-19 can spread the virus to their babies in their breast milk, but limited data currently available suggests this is not likely.

If you have COVID-19 and choose to breastfeed, take precautions to avoid spreading the virus to your infant:

- Wash your hands before each feeding
- Wear a cloth face covering while breastfeeding.

If you have COVID-19 and choose to express your breast milk:

- Use a dedicated breast pump
- Wear a cloth face covering during expression
- Wash your hands before touching any pump or bottle parts and before expressing breast milk
- Follow recommendations for proper pump cleaning after each use
- If possible, expressed breast milk should be fed to your baby by a healthy caregiver who does not have COVID-19, is not at high-risk for severe illness from COVID-19, and is living in the same home.

You can find out more about how breastfeeding women can protect themselves and their child from COVID-19 at the following CDC site: www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/pregnancy-breastfeeding.html.

Is there a vaccine for SARS-CoV-2 / COVID-19?

The federal government has recently approved several vaccines for COVID-19. Groups of people most affected by COVID-19 have been getting the vaccine first, starting in mid-December, but it is expected that the general public will be able to get it in the coming months.

We will provide more information as it becomes available. Even as people get vaccinated, it is important to continue practicing preventive measures, such as wearing masks, practicing social distancing, frequent hand washing, etc.

To find out more, see **When will a COVID-19 vaccine be available in Hawaii?** at our vaccine FAQ page: health.hawaii.gov/prepare/files/2020/12/DOH_COVID-19_FAQs_VACCINES.pdf.

Does the flu shot provide any protection against COVID-19?

The annual flu vaccination does *not* protect against COVID-19, but it is recommended for all persons age 6 months or older to protect against getting influenza (“the flu”).

The coming flu season (2021-22) may be more active than the previous flu season as COVID-19 protective measures, which also reduced the number of flu cases, are relaxed.

Why should I get the flu shot if it doesn’t protect against COVID-19?

If more people get their annual flu shot, it can help everyone in the fight against the COVID-19 pandemic, while preventing the spread of flu which can be deadly to some people, particularly the very young, older people, and those who are immunocompromised.

Symptoms of COVID-19 are similar to symptoms of influenza (“the flu”). Reducing the number of flu cases (by getting the flu shot) not only helps decrease the burden on healthcare providers and facilities, but having fewer patients with flu-like symptoms also makes it easier to detect those persons who might have COVID-19 infection.

More importantly, the flu shot prevents you from getting flu and spreading it to others, especially very young people, elderly people, and those with compromised immune systems. For these people especially, flu can be severe or even lead to death.

A flu shot may also reduce your risk of severe illness if you do get the flu, and that may help you avoid flu-associated hospitalization. This will keep you healthy and help our clinics and hospitals avoid being overwhelmed during the COVID-19 pandemic.

Will wearing a mask protect me from COVID-19? Why should I wear a mask?

CDC recommends that all people *who are not yet fully vaccinated* wear cloth face coverings (frequently referred to as “masks”) in public settings when around people not living in their household, especially when other social distancing measures (like staying 6 feet apart) are difficult to maintain.

Because the Delta variant can sometimes infect fully vaccinated people, they are also recommended to wear masks in indoor public settings and in crowded outdoor settings. In Hawaii, at present, mask wearing is required even by fully vaccinated people when in public indoor settings and is recommended in crowded outdoor settings.

Masks, worn over both the nose and mouth, are a simple but very effective way to reduce the spread of COVID-19 when they are widely used by people in public settings (including on public transportation). Masks provide an extra layer to help prevent our respiratory droplets from traveling in the air and onto other people.

Guidance to wear masks is based on what is known about the role respiratory droplets play in the spread of the virus that causes COVID-19, as well as emerging evidence about how well face coverings can reduce the spray of droplets when worn over the nose and mouth. COVID-19 spreads mainly among people who are in close contact with one another (within about 6 feet), so using masks to block respiratory droplets is especially important where people are close to each other or where maintaining social distancing is difficult.

Whether you should wear a surgical mask, an N95 respirator (“N95 mask”), or a cloth facial covering (“cloth mask”) depends on your situation:

- *If you are sick*, wearing a face mask can help prevent others from being infected by the droplets from when you cough, sneeze, or even talk.
- *If you are a healthcare worker or are around COVID-19 patients*, surgical masks or N95 respirators, used with other PPE (personal protective equipment), can help prevent infection and spread of COVID-19.
- *For healthy or well people not in a healthcare setting*, wearing a surgical face mask or N95 respirator is not recommended to prevent infection. However, CDC advises that cloth facial coverings may provide significant protection against spread and recommends people wear them in settings where social distancing is difficult.
 - Because of shortages of surgical masks and N95 respirators in healthcare settings, which are “critical supplies” during the pandemic, at this time it is important to save those for healthcare workers.
 - The guidance to wear cloth face coverings (“masks”) is because of evidence that some people who *appear* to be well may be infected with the coronavirus causing COVID-19 but are asymptomatic (having no symptoms) or pre-symptomatic (they haven’t yet developed symptoms). This means that the virus (through speaking, coughing, or sneezing) can spread between people interacting in close proximity even if they don’t have symptoms of COVID-19.
 - Cloth masks can be made out of handkerchiefs, scarfs, and other cloth items.
 - Local regulations and some businesses may require use of cloth facial coverings.

Am I required to wear a mask despite CDC’s announcement that fully vaccinated people no longer need to wear masks or practice social distancing?

On May 13, 2021, CDC had provided updated guidance saying that fully vaccinated people no longer need to wear a mask or practice social distancing in any setting (indoors or outdoors), except where required by federal, state, local, tribal, or territorial laws, rules, and regulations, including local business and workplace guidance. (A person is considered “fully vaccinated” two weeks after the final dose of their vaccine, which is two shots of the Pfizer and Moderna vaccines or one shot of the Johnson & Johnson vaccine.)

However, in July 2021 studies showing that the Delta variant could spread very quickly even among some fully vaccinated people caused CDC to change its recommendations. Now even fully vaccinated people are recommended to wear masks in indoor public settings and in crowded outdoor settings. The State of Hawaii continues to require all fully vaccinated people

in the state to wear masks and practice social distancing when around other people in indoor public settings, just as those who are not fully vaccinated are required to do. Effective May 25, 2021, masks are not required of anyone outdoors, regardless of vaccination status, but they are recommended in crowded outdoor settings.

What other things should I know about wearing a cloth face covering (“mask”)?

Important things to consider about wearing a cloth face covering:

- Wash your hands before putting on your face covering.
- Put your face covering over your nose and mouth and secure it under your chin.
- Make sure you can breathe easily while wearing the face covering.
- Be careful not to touch your eyes, nose, and mouth when removing your face covering and wash your hands immediately after removing it.
- Wash your cloth face covering after using it. You can wash it with regular laundry, using the warmest water appropriate for the cloth and drying it completely afterward. When drying it, use the highest heat setting and leave it in the dryer until completely dry. If air drying, lay it flat — in direct sunlight in possible — until it completely dries.
- Try to fit your face covering snugly against the sides of your face.
 - Gaps can let air with droplets leak in and out around the edges of the mask. If the mask has a good fit, you will feel warm air come through the front of the mask and may be able to see the mask material move in and out with each breath.
 - Pick a mask with more than one layer to keep other people’s respiratory droplets from getting inside your mask and to keep more of your respiratory droplets from getting outside your mask.
 - If you do not have a mask with layers, consider wearing a disposable mask *underneath* a cloth mask. Wear the second mask so that it pushes the edges of the inner mask against your face.
 - Do not combine two disposable masks, since this generally does not help make the fit tighter.
 - If you are using a KN95 mask, you do not need to use a second mask.

Although masks can provide protection from droplets that contain the virus, it is important to remember that wearing a mask is just one of the critical preventive measures we have to prevent the spread of COVID-19. You should also practice social distancing, wash your hands (especially before touching your face, nose, or mouth), cover your nose and mouth with your elbow or a tissue when coughing or sneezing, limit your contact with sick people, stay home if you are sick, and get vaccinated when it’s your turn.

CDC’s guidance on wearing cloth masks or other facial coverings can be found here:

www.cdc.gov/coronavirus/2019-ncov/your-health/effective-masks.html

www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/cloth-face-cover.html

www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/mask-fit-and-filtration.html

Former Surgeon General Dr. Jerome Andrews demonstrates how to make a homemade cloth mask with household items: youtu.be/tPx1yqvJgf4. Another helpful video on tightening masks can be found here: youtu.be/UANi8Cc71A0.

What is an N95 respirator? How is it different from a surgical mask?

N95 respirators (sometimes call “N95 masks”) are tight-fitting protective devices that cover the face and can filter out 95% of airborne particles, including droplets. They require fit testing to insure a proper seal on the user’s face.

Surgical masks (also called “face masks”) are looser fitting than N95 respirators, so they do not provide an effective barrier against particles. However, they can provide significant protection against droplets, including large respiratory particles.

You can find more information about N95 respirators and surgical masks at this CDC page: www.cdc.gov/coronavirus/2019-ncov/hcp/respirator-use-faq.html.

Is it necessary to wear two masks?

In February, CDC began recommending that masks may provide more protection if the masks are layered or if users “double mask” by using a medical mask underneath a cloth mask. This will improve fit and improve filtration, which will help keep droplets from spreading between people. You can learn more by visiting the following CDC website: www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/mask-fit-and-filtration.html#double-mask.

What can I do to protect my mental and emotional health, or that of my family members, during the COVID-19 outbreak?

The COVID-19 outbreak is a very stressful situation for everyone, including children, made worse by economic uncertainty and the ongoing stay-at-home orders.

Stress during an infectious disease outbreak can include the following:

- fear and worry about your own health and the health of your loved ones
- changes in sleep or eating patterns
- difficulty sleeping or concentrating
- worsening of chronic health problems
- worsening of mental or emotional health conditions
- increased use of alcohol, tobacco, or other drugs

Everyone is vulnerable to stress, but some people are more at risk:

- older people or those with chronic disease who may be at higher risk of severe illness due to COVID-19
- children and teens
- people who are helping with the COVID-19 outbreak response, such as doctors, nurses, other healthcare workers, first responders, and those whose jobs are considered “essential” who must go to work in what may seem like risky conditions

It is important to find ways to cope with the stress and protect yourself from becoming overwhelmed during the outbreak. Consider doing the following to protect yourself:

- taking breaks from watching, reading, or listening to news stories about COVID-19, including on social media
- taking care of your mind and body:
 - taking deep breaths, stretching, and/or meditation
 - eating healthy and well-balanced meals
 - exercising regularly
 - getting plenty of sleep
 - avoiding alcohol and drugs
- taking time to unwind by doing activities you enjoy (as long as they are allowed within the stay-at-home order)
- connecting with others and talking with people you trust about your concerns and how you are feeling, by phone or video chat (e.g., FaceTime, Skype) if necessary
- knowing the facts about COVID-19 and understanding the risk to reduce stress from uncertainty

It is important to take care of your mental health at this time. Call your healthcare provider if stress gets in the way of your daily activities for several days in a row. People with preexisting mental health conditions should continue their treatment and be aware of worsening symptoms.

More information on mental and emotional health during the COVID-19 outbreak can be found at this CDC page: www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html.

If you or someone you care about is feeling overwhelmed with feelings of sadness, depression, anxiety, or desire to harm yourself or others, please do one of the following:

- call 911
- visit the Disaster Distress Hotline (www.samhsa.gov/find-help/disaster-distress-helpline), call 1-800-985-5990, or text TalkWithUS at 66746
- visit the National Domestic Violence Hotline (www.thehotline.org) or call 1-800-799-7233 or use TTY by dialing 1-800-787-3224

What can I do to protect my child's mental and emotional health during the COVID-19 outbreak?

If you have children, watch out for signs of stress (e.g., excessive crying or irritation, worrying, unhealthy eating or sleeping habits, difficulty paying attention, poor school performance, etc.). You can support them by doing the following:

- talking with your child or teen about the COVID-19 outbreak
- answering their questions and sharing reliable information about it
- reassuring your child or teen that they are safe
- limiting your family's exposure to news coverage

- keeping up with regular routines
- being a role model by taking care of your own mental and emotional health

More information about talking with children about COVID-19 can be found at this website: www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/talking-with-children.html.

TRAVEL-RELATED QUESTIONS

Is it safe to travel within the United States during the COVID-19 outbreak?

Because travel increases your chance of getting and spreading COVID-19, CDC recommends that people delay travel until they are fully vaccinated. CDC maintains a list of other things to consider before deciding to travel within the US: www.cdc.gov/coronavirus/2019-ncov/travelers/travel-during-covid19.html.

There are some situations where you should not travel at all. CDC offers guidance on recognizing these situations: www.cdc.gov/coronavirus/2019-ncov/travelers/when-to-delay-travel.html.

CDC has guidance for protecting your unvaccinated child if you have to travel: www.cdc.gov/coronavirus/2019-ncov/travelers/travel-risk.html.

If you are not fully vaccinated and must travel, follow CDC's recommendations for unvaccinated people: www.cdc.gov/coronavirus/2019-ncov/travelers/travel-during-covid19.html#unvaccinated-people.

CDC also maintains a "Travel Planner" to learn state, local, tribal, and territorial government COVID-19 mandates and policies before you go: www.cdc.gov/coronavirus/2019-ncov/travelers/travel-planner/index.html.

Can I have family gatherings as usual?

Because of the high rates of transmission on the U.S. Mainland, CDC is recommending that Americans avoid travel, including travel to and from Hawaii, unless one is fully vaccinated. CDC also recommends that gatherings of friends and family, such as Super Bowl parties, holiday weekend barbecues, etc., be with members of the same household only or others who have been fully vaccinated.

For more information on CDC's recommendations for safe gatherings, please visit these websites:

- www.cdc.gov/coronavirus/2019-ncov/your-health/large-gatherings.html
- www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/holidays/small-gatherings.html

Is it safe to travel internationally?

On March 19, 2020, the US Department of State issued a global level 4 travel advisory that covers all countries because of the COVID-19 global pandemic. The State Department advises the following:

- US citizens should delay all international travel due until they are fully vaccinated, including on cruises.
- International travel poses additional risks, and even fully vaccinated travelers might be at increased risk for getting and possibly spreading some COVID-19 variants.
- People who have traveled on cruise ships should, after returning home, act as if they came into contact with COVID-19.
 - Whether fully vaccinated or unvaccinated, get tested three to five days after your travel.
 - Self-monitor for symptoms for 14 days.
 - If you are unvaccinated, quarantine at home for 7 days, even if you test negative.
 - Learn more about guidance for cruise travel at this CDC site: www.cdc.gov/coronavirus/2019-ncov/travelers/returning-cruise-voyages.html.

CDC maintains resources on international travel recommendations for both fully vaccinated and unvaccinated people during the COVID-19 pandemic at these sites:

- For fully vaccinated people: www.cdc.gov/coronavirus/2019-ncov/travelers/international-travel-during-covid19.html#fully-vaccinated-people
- For unvaccinated people: www.cdc.gov/coronavirus/2019-ncov/travelers/international-travel-during-covid19.html#unvaccinated-people

The situation with COVID-19 continues to evolve and we cannot predict if other countries will still be considered “safe” for travel in the coming months. Anyone with plans to travel internationally should stay informed of the latest [Traveler’s Health Recommendations](#) for their specific destination.

Is Hawaii quarantining travelers *to our state*?

Governor Ige ordered a mandatory 10-day quarantine of all people traveling to Hawaii, including visitors and Hawaii residents, effective March 26. (Until December 17, this mandatory quarantine for travelers had been 14 days, but was reduced to 10 days due to changes in CDC guidance.)

However, travelers entering the state who have been vaccinated in the United States and its territories are exempt from the mandatory quarantine. See [What do travelers who have been vaccinated in Hawaii need to do in order to receive a vaccine exemption?](#) for more details.

The quarantine order states:

- If you are a resident, your designated quarantine location is your place of residence.

- If you are a visitor, your designated quarantine location is your hotel room or rented lodging.
- You can only leave your designated quarantine location for medical emergencies or to seek medical care.

Visitors and residents under quarantine should obey the following guidelines:

- Do not visit any public spaces, including restaurants, pools, meeting rooms, and fitness centers.
- Do not allow visitors in or out of your designated quarantine location other than authorized healthcare providers or individuals authorized by the Director of HI-EMA to enter.

The Department of Transportation has a Q&A page on the travel-related 10-day quarantine orders (covering both travel to Hawaii and interisland travel) at the following website: hidot.hawaii.gov/coronavirus.

The news release of the Governor’s mandatory quarantine order can be found here: governor.hawaii.gov/newsroom/latest-news/governors-office-news-release-gov-ige-orders-mandatory-14-day-quarantine-for-all-individuals-arriving-or-returning-to-the-state-of-hawai'i

Is Hawaii quarantining travelers *between our islands*?

No. As of June 15, 2021, the mandatory 10-day quarantine for travelers to Kauai County, Maui County, Hawaii County, and Kalawao County has ended. Residents and visitors may travel freely between islands provided their quarantine status has no other restrictions.

Who has to use the Safe Travels online digital form for interisland travel and how do they do it? Is it mandatory?

As of June 15, 2021, there is no more mandatory 10-day quarantine for interisland travel, so travelers will not have to use Safe Travels for interisland travel.

Are there exceptions or alternatives to the 10-day quarantine for travelers to Hawaii? What is the “pre-travel testing program”?

Yes, the State of Hawaii has allowed exemptions for people who have tested negative for COVID-19, based on the criteria below, and will soon allow exemptions for vaccinated people based on where they were vaccinated and/or where they are traveling from.

Vaccinated persons

Beginning June 15, 2021, travelers entering Hawaii who have been vaccinated in Hawaii are exempt from the mandatory 10-day quarantine. To learn more about what is need to receive a vaccination-based exemption to the travel quarantine go to [What do travelers who have been fully vaccinated need to do in order to receive a vaccine exemption?](#)

Beginning July 8, 2021, individuals who travel to Hawaii from elsewhere in the United States are able to bypass quarantine without testing if they can show proof of being fully vaccinated.

- Fully vaccinated travelers will have to upload their vaccination verification card to the Safe Travels website and have that card with them upon arrival in Hawaii in order to avoid quarantine. The vaccination verification card must contain the following information:
 - Traveler's name and date of birth (matching information on Safe Travels account and photo ID)
 - Vaccine type (e.g., Moderna, Pfizer, Johnson & Johnson)
 - Date(s) that each vaccine shot was received
 - Lot number(s) for each vaccine shot
 - Location or site of each vaccine shot
- To learn more about the Safe Travels website, go to the Safe Travels information page found here: hawaiiicovid19.com/travel/travel-overview.

Although the date has not yet been set, when Hawaii reaches a fully vaccinated rate of 70% of the population, all restrictions on travel will be lifted and the Safe Travels program will end.

- As of July 7, 2021, the fully vaccinated rate in Hawaii is 58.1%. You can keep track of this number by visiting the hawaiiicovid19.com home page.

Travelers participating in the “pre-travel testing program”

Since October 15, 2020, there has been a pre-travel testing alternative to the mandatory 10-day quarantine (previously 14 days) for travelers who arrive in Hawaii from United States locations.

This pre-travel testing alternative has been extended to a handful of countries with high rates of travel to Hawaii:

- Travelers from Japan are also able to participate in the pre-travel testing alternative (see [Who are the “trusted testing and travel partners” in Japan?](#) below). Travelers from Japan should note that they will be subject to a 10-day quarantine when they return to Japan.
- Travelers from Canada are also able to participate in the pre-travel testing program (see [Who are the “trusted testing and travel partners” in Canada?](#) below).
- Travelers from South Korea are also able to participate in the pre-travel testing program (see [Who are the “trusted testing and travel partners” in South Korea?](#) below). Travelers from South Korea should note that they may be subject to a 10-day quarantine when they return to South Korea.
- Travelers from Taiwan are also able to participate in the pre-travel testing program (see [Who are the “trusted testing and travel partners” in Taiwan?](#) below).
- Travelers from the Philippines are also able to participate in the pre-travel testing program (see [Who are the “trusted testing and travel partners” in the Philippines?](#) below).

- Travelers from Tahiti are also able to participate in the pre-travel testing program (see [Who are the “trusted testing and travel partners” in Tahiti?](#) below).

Whether departing from the United States or international locations, travelers arriving in Hawaii who provide written confirmation of a negative COVID-19 test result from a State of Hawaii-approved COVID-19 testing facility (i.e., “trusted testing and travel partners”) will be exempt from the mandatory 10-day quarantine. If a traveler’s test results are not available before boarding their final flight segment, the traveler must quarantine for 10 days or the length of their stay in Hawaii, whichever is shorter.

The earliest a traveler can take the pre-travel test is 72 hours before the final portion of their travel to Hawaii. Arriving travelers will also have their temperatures checked upon arrival and must fill out a travel and health form.

Travelers who would like to take advantage of the pre-travel testing program must upload their negative COVID-19 test result when they complete their travel and health forms on the Safe Travels digital system, found at travel.hawaii.gov (see [Who has to use the Safe Travels online digital form?](#) above for more information on the Safe Travels digital form).

- After making airline reservations, all adult travelers (18 years and older) must register at the Safe Travels digital system. They must upload their negative pre-travel COVID-19 test result and answer a health questionnaire at least 24 hours prior to departure.
- All travelers, including children 5 years and older, must provide a negative COVID-19 test result to avoid the mandatory 10-day quarantine. Children can be included on the Safe Travels form of an adult they are traveling with.

More details of the pre-travel testing alternative (e.g., types of state-approved tests allowed), as well as a list of FAQs, can be found at these HDOH websites: hawaiicovid19.com/travel and health.hawaii.gov/travel. Detailed information is also available at the Hawaii Tourism Authority website: www.hawaiitourismauthority.org/covid-19-updates/traveling-to-hawaii. For phone inquiries, call 1-800-GOHAWAII (1-800-464-2924). For email inquiries, write to info@gohawaii.com.

If you have *technical problems* with the Safe Travels form, contact the Safe Travels Service Desk at 1-855-599-0888 (10 a.m. to 10 p.m. HST) or visit their FAQ site: ets.hawaii.gov/travelhelp.

HDOH maintains a flowchart to help travelers understand and plan for the quarantine: hawaiicovid19.com/flying-into-hawaii.

What are the criteria for the pre-travel testing program?

Valid negative COVID-19 tests for the pre-travel testing program are subject to the following details:

- The test must be processed by a laboratory accepted by the State of Hawaii as a “trusted testing and travel partner” (see [Who are the “trusted testing and travel](#)

[partners” in the United States?](#), [Who are the “trusted testing and travel partners” in Japan?](#), [Who are the “trusted testing and travel partners” in South Korea?](#), [Who are the “trusted testing and travel partners” in Taiwan?](#), and [Who are the “trusted testing and travel partners” in the Philippines?](#) below).

- The pre-travel negative test must be an FDA-approved NAAT test, processed by a CLIA-certified laboratory.
- The traveler is responsible for the cost of the pre-travel test.
- The traveler is responsible for making sure their test is appropriate for the pre-travel testing program. The State of Hawaii is not responsible for a traveler obtaining a test that is not accepted by this program. Any traveler without a negative test result from an accepted source will be subject to the 10-day mandatory quarantine.
- Antigen and antibody tests will not be accepted for this program.
- Test results that are still pending when the traveler arrives will not be accepted and the traveler will be required to quarantine for 10 days or until they leave Hawaii, whichever is shorter.

Are any follow-up tests required besides the pre-travel negative test?

In addition to the pre-travel negative test taken no earlier than 72 hours before the final leg of travel to Hawaii, some counties in Hawaii are requiring follow-up testing after the traveler’s arrival:

- Kauai County (Kauai and Niihau) has established a voluntary testing program the third day after arrival.
- Maui County (Maui, Lanai, and Molokai) has established a voluntary post-arrival test.
 - Maui County also requires information be provided when traveling by boat between islands within Maui County (Lanai, Molokai, and Maui).
- Hawaii County (Hawaii Island, aka Big Island) will require an antigen test for 25% of arriving *transpacific* passengers who are randomly selected. You can read more about Hawaii County’s requirements for travels at this site: coronavirus-response-county-of-hawaii-hawaiicountygis.hub.arcgis.com/pages/travel.

At this time, the City and County of Honolulu (Oahu) is exploring its capacity for post-arrival testing but does not currently require a follow-up test.

Who are the “trusted testing and travel partners” on the United States mainland and US territories?

As of April 19, 2021, trusted testing and travel partners include the following organizations, companies, airlines, and airports:

- Alaska Airlines (www.alaskaair.com/content/next-level-care/hawaii)
- American Airlines via CareNow and LetsGetChecked (aa.com/covid19testing)
- American Family Care (www.afcurgentcare.com/patient-resources/hawaii-pretravel-testing)

- American Samoa Department of Health (www.americansamoa.gov/department-of-public-health)
- Atlas Genomics (www.atlas-genomics.com)
- Capstone Clinic, Alaska (www.capstoneclinic.com/project/covid19-testing)
- Carbon Health (<https://carbonhealth.com/alaska-airlines-to-hawaii-rapid-covid-testing>)
- CityHealth Urgent Care (norcalcovid19testing.com/hawaii-covid19-testing)
- Clarity Lab Solutions (www.claritylabsolutions.com/traveling-to-hawaii.html)
- CLEAR, for Delta Airlines flight DL 480 from LAX (www.clearme.com/hawaii-delta)
- CLEAR, for United Airlines flight UA 1158 from LAX (www.clearme.com/hawaii-united)
- Color (color.com/united-airlines-testing-program)
- Commonwealth Healthcare Corporation, Saipan (chcc.gov.mp/covid19testing.php)
- Costco/AZOVA (www.azovahealth.com/costcotravel)
- CVS Health (www.cvs.com/selfpaytesting)
- Diagnostic Laboratory Services, DLS Guam (dlslab.com/covid-19-testing/patient-covid-testing)
- Discovery Health MD (www.discoveryhealthmd.com/covid-19-services/test-to-fly)
- GoHealth Urgent Care (www.gohealthuc.com/travel-testing)
- Hawaiian Airlines via UMC of Southern Nevada, US Biotek, Vault Health, and Worksite Labs (www.hawaiianairlines.com/covid-test-options)
- Kaiser Permanente (kp.org/travel)
- Oakland International Airport (www.oaklandairport.com)
- Ontario International Airport (www.covidclinic.org/ont)
- Southwest Airlines (www.southwest.com/coronavirus)
- United Airlines via ADL Health, Color, and Go Health (www.united.com/ual/en/us/fly/travel/covid-testing.html)
- University of California, San Diego Health (health.ucsd.edu/covidtest)
- University of Washington Medicine (testguide.labmed.uw.edu/public/guideline/hawaii_safe_travels)
- University Medical Center of Southern Nevada (www.umcsn.com/COVID19/AdmissionBlueTreeGeneral.aspx?T=108)
- Vault Health (learn.vaulthealth.com/state-of-hawaii)
- Walgreens (www.walgreens.com/findcare/covid19/testing)
- WestPac Labs (www.westpaclab.com/covid-19/hawaii)
- XpresCheck (www.xprescheck.com and xprescheck.com/hawaii)

Details on how to obtain testing at each of these partners on the US mainland can be found at the following HDOH website: hawaiicovid19.com/travel-partners/#partners-domestic.

Who are the “trusted testing and travel partners” in Japan?

As of April 19, 2021, trusted testing and travel partners in Japan include the following:

- Abe Internal Medicine Clinic, Hyogo (abe-naika-iin.com)

- Adachi Medical Clinic, Osaka (www.adachi-naikaclinic.jp/tecot)
- American Clinic Tokyo, Tokyo (www.americanclinetokyo.com/japanese)
- Asakusabashi Ekimae Sougou Clinic, Tokyo (asakusabashi-clinic.com)
- Arizumi Clinic, Osaka (arizumi-clinic.com)
- Aso Iizuka Hospital, Fukuoka (aih-net.com)
- Benibana Naika Clinic, Yamagata (www.benibana-clinic.com)
- Blue Bird Clinic, Chiba (aoitori.clinic)
- CLINIC FOR Iidabasi, Tokyo (www.clinicfor.life/articles/overview-covid19)
- CLINIC FOR Otemachi, Tokyo (www.clinicfor.life/otemachi)
- CLINIC FOR Shimbashi, Tokyo (www.clinicfor.life/articles/overview-covid19)
- CLINIC FOR Tamachi, Tokyo (www.clinicfor.life/tamachi)
- CLINIC FOR Yotsuya, Tokyo (www.clinicfor.life/articles/overview-covid19)
- CLINIC FOR Yurakucho, Tokyo (www.clinicfor.life/articles/overview-covid19)
- Endo Clinic, Shizuoka (www.endo-cl.jp)
- Fujimino Emergency Clinic, Saitama (koyu-kai.jp)
- Fujita Health University Bantane Hospital, Aichi (bantane.fujita-hu.ac.jp)
- Fujita Health University Hospital, Aichi (hospital.fujita-hu.ac.jp)
- Fujita Health University Okazaki Medical Center, Aichi (okazaki.fujita-hu.ac.jp)
- Global Healthcare Clinic, Tokyo (ghc.tokyo)
- Haga Pediatric Clinic, Kumamoto (www.hagakodomo.com)
- Hakata Hinoki Clinic, Fukuoka (hinoki-clinic.com)
- HASEGAWA clinic, Saitama (<https://hasegawaclinic.net>)
- Hibiya Clinic, Tokyo (hibiya-clinic.com)
- Hirahata Clinic, Tokyo (www.hirahata-clinic.or.jp)
- Honzawa Medical Center, Gunma (www.honzawaiin.com)
- IMS Group Itabashi Chuo Medical Center, Tokyo (www.ims-itabashi.jp)
- International Health Care Clinic, Tokyo (www.ihc-clinic.jp)
- Iryouhoujin Futenkai Mori Clinic, Nara (www.futen.or.jp)
- Iwasaki Pediatrics and Travel Clinic, Miyazaki (www.iwasakiclinic.org)
- Kameda Kyobashi Clinic, Tokyo (<http://www.kameda-kyobashi.com/ja>)
- Kameda Medical Center, Chiba (www.kameda.com/ja/general)
- Karada Internal Medicine Clinic, Tokyo (karada-naika.com)
- Kashiwa-Shonan Mirai Clinic, Chiba (mirai-clinic.net)
- The King Clinic, Tokyo (thekingclinic.com)
- Kobayashi Naika Clinic, Niigata (kobayashi-naika.clinic)
- Kobe International Collaboration Clinic, Hyogo (kicc-medical.jp)
- Kuroda Clinic, Okayama (www.kuroda-group.or.jp)
- Leiwa Clinic, Tokyo (leiwa.clinic)
- Loco Clinic Nakameguro, Tokyo (loco-clinic.com)
- Medical Corporation Kuki Medical Clinic, Saitama (www.kuki-med.jp)
- Mental Clinic with Nishi-ku, Sapporo (tomo-clinic.net)

- Mezaki Clinic, Miyagi (www.mezacli.com)
- Mita Kokusai Building Clinic, Tokyo (www.mkb-clinic.jp)
- Nagoya Station Clinic, Aichi (station-clinic.com)
- National Center for Global Health and Medicine, Center Hospital, Tokyo (travelclinic.ncgm.go.jp/index.html)
- Navitas Clinic Kasasaki, Kanagawa (www.navitasclinic.jp)
- Navitas Clinic Shinjuku, Tokyo (asakusabashi-clinic.com)
- Navitas Clinic Tachikawa, Tokyo (www.navitasclinic.jp)
- Nihon Medical School Chiba Hokusoh Hospital, Chiba (www.nms.ac.jp/hokuso-h)
- Nihon Medical School Narita International Airport Clinic, Chiba (www.nms.ac.jp/narita)
- Nishi-Shinbashi Clinic, Tokyo (www.tramedic.com)
- Nishiameda City Clinic, Osaka (nishiameda.city-clinic.jp)
- Nozaki Tokushukai Hospital, Osaka (nozaki.tokushukai.or.jp)
- Nozaki Hachiman-mae Internal Medicine Clinic, Tokyo (nozaki-hachimanmae-cl.com)
- Ohue Clinic, Osaka (www.ohue.jp)
- Okuno Hospital, Osaka (www.okuno.abeno.osaka.jp)
- Omorimachi Ekimae Naika-Shonika Clinic, Tokyo (omorimachi.com)
- Osaka Honmachi Medical Clinic, Osaka (<https://tomohirokai.or.jp>)
- Oyama Clinic, Osaka (www.oyamaclinic.com)
- Sapporo Higashi Tokushukai Hospital, Hokkaido (www.higashi-tokushukai.or.jp)
- Saso Hospital, Hyogo (www.saso.or.jp)
- Shiba Kokusai Clinic, Tokyo (shibakoku-clinic.com)
- Shichigo Clinic, Miyagi (75clinic.com)
- Shinagawa East Medical Clinic, Tokyo (<https://izavel.com>)
- Shonan Kamakura General Hospital, Kanagawa (www.skgh.jp)
- SKY Orthopedic Clinic, Osaka (skyclinic.jp)
- St Luke's International Hospital, Tokyo (hospital.luke.ac.jp)
- Sugita Clinic, Osaka (sugitaclinic.com)
- T Care Clinic Hamamatsucho, Tokyo (www.tcclinic.jp/pc)
- Toho University Haneda Airport Terminal 3 Clinic, Tokyo (<https://www.haneda.toho-u.ac.jp/international/index.html>)
- Tokyo Medical & Surgical Clinic, Tokyo (tmisc.jp/jp)
- Tokyo Medical University Hospital, Tokyo (hospinfo.tokyo-med.ac.jp)
- Toyochō Minamisuna Miyake Medical Clinic, Tokyo (miyake-naika.net)
- Travel Clinic Shin-Yokohama, Kanagawa (travelclinics.jp)
- Tsukasa Naika Clinic, Tokyo (tsukasa-cl.jp)
- Tsuji Clinic, Tokyo (www.tsuji-c.jp)
- Uehonmachi Watanabe Medical Clinic, Osaka (uehonmachi.jp)
- Ukai Clinic, Aichi (www.ukai-iin.com)
- Umeda Travel Clinic, Osaka (<http://www.umedatc.com>)
- Yamasaki Family Clinic, Hyogo (yamasaki-family-clinic.com)

- Yodoyabashi Medical Clinic, Osaka (yodoyabashi-medclinic.com)
- Yokoyama Naika Syonika Clinic, Tochigi (www.yokoyamaclinic.net)

Details on how to obtain testing at each of these partners in Japan can be found at the following HDOH website: hawaiiicovid19.com/travel-partners/#partners-japan. This information is also available in Japanese (日本語): www.allhawaii.jp/covid19/column/201125.

Who are the “trusted testing and travel partners” in the Republic of Korea (South Korea)?

As of April 19, 2021, trusted testing and travel partners in the Republic of Korea (South Korea) include the following:

- Yonsei University Health System, Severance Hospital (sev.severance.healthcare/sev/index.do)
- Kangbuk Samsung Hospital (www.kbsmc.co.kr/index.jsp)
- Inha University (www.inha.com/page/main)
- Asan Medical Center (www.amc.seoul.kr/asan/main.do)

Details on how to obtain testing at each of these partners in Japan can be found at the following HDOH website: hawaiiicovid19.com/travel-partners/#partners-korea. This information is also available in Korean (한국어): www.gohawaii.com/kr/special-alerts-information-korean.

Who are the “trusted testing and travel partners” in Taiwan?

As of May 18, 2021, trusted testing and travel partners in the Republic of Korea (South Korea) include the following:

- Cathay General Hospital (www.cgh.org.tw)
- Chang Gung Memorial Hospital, Chia Yi (cghdpt.cgmh.org.tw/branch/jia)
- Chang Gung Memorial Hospital, Kaohsiung (www1.cgmh.org.tw/branch/shk/index.htm)
- Chang Gung Memorial Hospital, Linkou (www1.cgmh.org.tw/branch/lnk/2016)
- Chang Gung Memorial Hospital, Taipei (www1.cgmh.org.tw/branch/tpe/index.htm)
- Hsinchu Cathay General Hospital (hsinchu.cgh.org.tw)
- Hsinchu Mackay General Hospital (www.hc.mmh.org.tw/webhc/index.html)
- Mackay Memorial Hospital (www.mmh.org.tw/home.php?area=tp)
- Mackay Memorial Hospital, Taitung (ttw3.mmh.org.tw)
- Mackay Memorial Hospital, Tamsui (www.mmh.org.tw/home.php?area=ts)
- Sijhih Cathay General Hospital (sijhih.cgh.org.tw)

Details on how to obtain testing at each of these partners in Japan can be found at the following HDOH website: hawaiiicovid19.com/travel-partners/#partners-taiwan.

Who are the “trusted testing and travel partners” in Canada?

Canadian airlines WestJet and Air Canada will be identifying testing entities in Canada, with the approval of HDOH, that will be used as “trusted testing and travel partners” for the pre-travel testing program. Information will be made available at the following websites:

- WestJet: www.westjet.com/en-ca/travel-info/covid-testing
- Air Canada: www.aircanada.com/ca/en/aco/home/book/travel-news-and-updates/2020/covid-19.html - /overview-covid_nav-covid19

Who are the “trusted testing and travel partners” in the Philippines?

As of August 19, 2021, trusted testing and travel partners in the Philippines include the following:

- Philippine Airlines, Bacolod Queen of Mercy Hospital, Cardinal Santos Medical Center, Detoxicare Diagnostics Molecular, Safeguard DNA Diagnostic, Safeguard DNA Diagnostic (www.philippineairlines.com/en/ph/home/covid-19/DepartingFromThePH/UnitedStates/Hawaii)

Who are the “trusted testing and travel partners” in Tahiti?

As of August 19, 2021, trusted testing and travel partners in Tahiti include the following:

- Institut Louis Malardé at Papeete-Paofai and Tahiti-Faa’a Airport (tahititourisme.com/en-us/returningtohawaii)

Who are the “trusted testing and travel partners” for inter-island travel in Hawaii?

The state of Hawaii no longer requires mandatory quarantine for travel between islands within the state.

What do travelers who have been fully vaccinated in the United States need to do in order to receive a vaccine exemption?

Travelers to Hawaii who have been vaccinated in the United States and its territories are able to receive an exemption to the mandatory 10-day travel quarantine. Such travelers should be aware of the following:

- The traveler must provide one of the following documents as proof of vaccination:
 - COVID-19 vaccination card issued by CDC
 - VAMS (Vaccine Administration Management System) printout
 - DoD (Department of Defense) Form DD 2766C
- The above documents must include the following:
 - Traveler’s first name, last name, and date of birth, all of which must match information entered into Safe Travels
 - Type of vaccine received
 - Date(s) vaccine were administered
 - Lot number(s) for each vaccine dose
 - Healthcare professional or clinic site where vaccine was administered

- The traveler must create an online account and register with the State of Hawaii’s Safe Travels Hawaii Digital Platform.
 - The traveler must complete trip information for travel from the US mainland or a US territory. Vaccine documents can only be uploaded when linked to a trip.
 - After the vaccination information is verified by Department of Health’s Hawaii Information Exchange system or by airport personnel, it can be used for future trips without the need to upload vaccination documents again.
- The travelers must carry one of the documents listed at the top of this section (i.e., CDC vaccination record card, VAMS printout with DOH header and endorsement, or DD 2766C) in order to show screeners upon arrival.

For more information on this process, visit hawaiiicovid19.com/travel/faqs.

What guidance is there for the schools so that students and teachers will be protected?

HDOH provides guidance for schools intended to provide a safe and effective learning environment for Hawaii students, teachers, staff, and parents. It includes preventive measures that reduce risk of COVID-19 spread and make in-person learning safer, through vaccination strategies, mask wearing, physical distancing in school settings, screening, etc.

You can find details of the guidance at the HDOH website:

health.hawaii.gov/coronavirusdisease2019/resources/school-guidance. It can be found in PDF form at health.hawaii.gov/coronavirusdisease2019/files/2021/03/COVID-19-Guidance-for-Schools-Updated-Mar-12-2021.pdf.

CDC guidance for K-12 schools and childcare settings can be found here:

www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/index.html.

Are there special conditions for students attending university campuses across the state, such as UHM, Chaminade University, and Hawaii Pacific University?

Yes. The universities in Hawaii are following state guidelines and in some cases requiring students who are on campus to be fully vaccinated. This replaces the so-called “modified quarantine bubble” (MQB) that was in place during the previous school year.

Beginning in the fall 2021 semester (starting in August 2021), the **University of Hawaii** will require all students who are physically present on its campuses to be fully vaccinated against COVID-19. As with other health clearance requirements, students will be able to request exemptions for medical and religious reasons.

You can read more about the University of Hawaii’s vaccination requirement at this website:

www.hawaii.edu/news/2021/05/17/uh-to-require-covid-19-vaccination.

Hawaii Pacific University encourages all its students to be fully vaccinated for COVID-19 and will mandate full vaccination for specific activities, including university-sponsored travel,

student athletics, and certain educational activities such as laboratory sessions, music performances, and other activities requiring close contact. HPU's COVID-19 guidelines can be found at the following website: www.hpu.edu/security/covid/covid-19.html.

Chaminade University is following guidelines outlined by the State of Hawaii, including the Safe Travels program. More information can be found at chaminade.edu/coronavirus.

OTHER QUESTIONS

Should I be worried about products imported from China?

There is no evidence you can become infected with COVID-19 from a product imported from China. COVID-19 appears to be related to coronaviruses like SARS and MERS which do not survive long on surfaces. Instead, they are usually spread from person-to-person through respiratory droplets.

What about animal products from China?

CDC currently has no evidence that animals or animal products imported from China pose a risk for spreading COVID-19. Information will be updated as it becomes available.

Is my pet at risk of getting COVID-19? Do animals in Hawaii have COVID-19?

Although this coronavirus seems to have come from an animal source, it is now spreading from person-to-person. We are still learning about how COVID-19 spreads, and there has been some evidence that a small number of pets, including dogs and cats, have been infected with the virus that causes COVID-19, mostly after close contact with people with COVID-19.

To protect your pets, CDC suggests taking precautions similar to those you would take to protect yourself and family members:

- Do not let your pets interact with people or other animals outside your household.
 - Keep cats indoors, if possible, to prevent them from interacting with other animals or people.
 - Walk dogs on a leash, staying at least 6 feet from other people and animals.
 - Avoid dog parks or other public places where a large number of people and dogs may gather.
- Talk to your veterinarian if your pet gets sick or you are concerned about their health.

If you or someone in your household becomes infected with COVID-19, you should restrict contact with your pets and other animals just as you would with people.

- When possible, have another member of your household care for your pets while you are sick.
- Avoid contact with your pet, including petting, snuggling, being kissed or licked, and sharing food or bedding.

- If you must care for your pet or be around animals while you are sick, wear a cloth face covering and wash your hands before and after you interact with them. Washing your hands after handling animals, their food, waste, or supplies is always a good idea.

You can learn more about caring for pets during the COVID-19 pandemic at this CDC webpage: www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/animals.html.

If I think I or my family member has contracted COVID-19 but we have no health insurance due to a lost job or other situation, what should we do? Will we be turned away from a hospital?

Hospitals in Hawaii do not turn away emergency cases, regardless of insurance coverage. However, any individual or family that has lost health coverage due to job loss or other circumstances is encouraged to contact federal and Hawaii state resources to obtain health insurance, such as the federal government's healthcare marketplace or Hawaii's Quest.

You can find out about your eligibility for free or subsidized healthcare coverage by visiting www.healthcare.gov/connect or humanservices.hawaii.gov/mqd or by calling Quest at 1-877-628-5076.

Is there money available for people who have lost their jobs due to the pandemic or the pandemic response but may not be eligible for traditional unemployment insurance?

The federal government passed a law, the CARES Act, that provides unemployment benefits for people who do not qualify for traditional unemployment benefits. It is called Pandemic Unemployment Assistance (PUA) and includes the following types of workers:

- workers who are self-employed, including "gig workers," freelancers, and independent contractors
- workers seeking part-time employment
- people with an insufficient work history to qualify for benefits
- people who have exhausted all rights to regular or extended benefits under state or federal law or to Pandemic Emergency Unemployment Compensation (PEUC)
- people who have been laid off from churches or religious institutions
- people who are otherwise not qualified for regular or extended benefits under PEUC

To apply for PUA, go to this website: pua.hawaii.gov.

You can learn more about PUA, including detailed information about applying and processing, by visiting this link: <https://labor.hawaii.gov/pua/>

Is there rental assistance available for people who have lost income due to the pandemic?

In spring 2020, the federal government released funds to help states provide rental assistance to renters who had experienced a reduction in income because of unemployment or a reduction in work hours due to the pandemic. Although these funds have run out, the federal

government and the State of Hawaii may release more money to help renters in the coming weeks or months.

On August 3, 2021, CDC issued an order barring evictions in areas of substantial or high transmission of COVID-19, which includes most of Hawaii. Renters facing eviction may be able to get temporary relief by visiting the CDC site at: https://www.cdc.gov/coronavirus/2019-ncov/communication/EvictionProtectDeclare_508.pdf.

What is the correct name of this outbreak's disease and the virus that causes it?

Global experts on viruses have officially named the virus causing the outbreak "SARS-CoV-2." This is an abbreviation of "Severe Acute Respiratory Syndrome Coronavirus 2." After researching the new coronavirus, scientists determined it is closely related to the virus that caused the SARS epidemic in 2002 and 2003. The virus that caused SARS is known as SARS-CoV, so this new coronavirus is called SARS-CoV-2.

Although the virus is known as SARS-CoV-2, the illness it causes is now officially called COVID-19 (short for coronavirus disease 2019). Shortly after the outbreak first started in Wuhan, China, the virus and illness were often referred to as "2019 Novel Coronavirus," which was usually abbreviated as "2019-nCoV." The name "COVID-19" has officially replaced "2019 Novel Coronavirus" and "2019-nCoV."

Names like "Wuhan Virus" and "Chinese Virus" are not official or used by the medical or public health communities and are considered derogatory and inappropriate.

What are coronaviruses?

They are common in many different species of animals, including camels, cattle, cats, and bats. Rarely, these animal coronaviruses can infect people and then spread between people.

Human coronaviruses are also common throughout the world and can cause mild to moderate illness (for example, "the common cold"). Some coronaviruses that infect humans are known to cause severe illness, like the coronaviruses that cause MERS and SARS.

COVID-19 is a pneumonia-type illness caused by a new (or novel) coronavirus called SARS-CoV-2 that originated in Wuhan, China. It may have originated in animals, but it can now be spread from person-to-person.

So is COVID-19 the same as SARS and MERS?

No, they are different coronaviruses.

Where can I find out more information?

For more information about COVID-19, visit the Centers for Disease Control and Prevention (CDC) website at <http://www.cdc.gov/coronavirus/novel-coronavirus-2019.html>. You can also visit HDOH's COVID-19 websites at hawaiiicovid19.com and health.hawaii.gov/covid19.

Finally, you can contact HDOH's partners at Aloha United Way from anywhere in Hawaii for information and referral services:

- Call 2-1-1.
- Text 877-275-6569 (include your zip code)
- Chat at www.auw211.org.
- Email info211@auw.org.



Please direct inquiries and comments about these FAQs to: jonathan.hilts@doh.hawaii.gov.