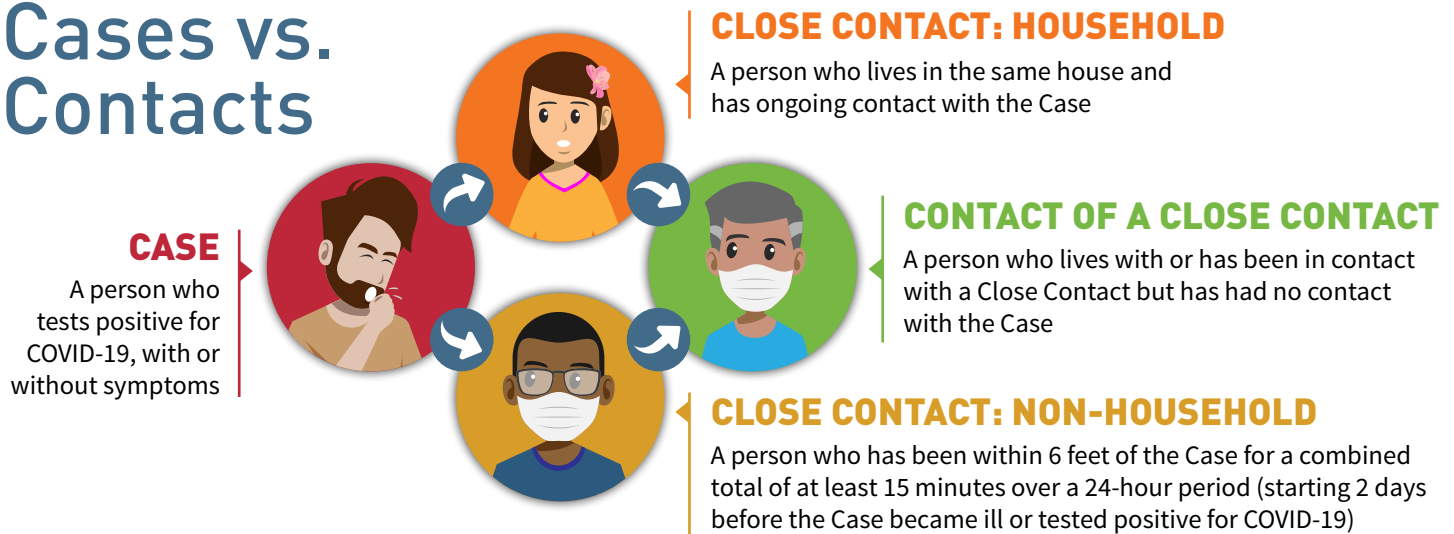


# SUMMARY GUIDANCE FOR COVID-19 CASES & CONTACTS



## Cases vs. Contacts



## What does this mean?

<b>CASE</b>	<b>CLOSE CONTACT: HOUSEHOLD</b>	<b>CLOSE CONTACT: NON-HOUSEHOLD</b>	<b>CONTACT OF A CLOSE CONTACT</b>
<p><b>⚠ ISOLATION</b> Must stay at home except to get medical care until:</p> <ul style="list-style-type: none"> <li>• At least 10 days have passed since symptoms first appeared (or if no symptoms, since test was taken); AND</li> <li>• At least 24 hours have passed since last fever without use of fever-reducing medicine; AND</li> <li>• Symptoms, if any, have improved</li> </ul> <p><b>➕ NO ADDITIONAL TESTING</b> Has already been tested and confirmed to have COVID-19</p> <p><b>📱 CONTACT:</b> Please notify school/employer and all Close Contacts</p>	<p><b>📍 QUARANTINE</b> Must stay at home for 14 days after last contact with the Case</p> <p>If unable to avoid contact with the Case (living in the same house with no separate bedroom, bathroom, and living space), must stay at home while the Case is in isolation AND for an additional 14 days</p> <p><b>🔍 GET TESTED</b> Even if test result is negative, must stay at current home until quarantine period is over</p> <p><b>📱 CONTACT:</b> Please notify school/employer</p>	<p><b>📍 QUARANTINE</b> Must stay at home for 14 days after last contact with the Case</p> <p><b>🔍 GET TESTED</b> Even if test result is negative, must stay at current home until quarantine period is over</p> <p><b>📱 CONTACT:</b> Please notify school/employer</p>	<p><b>👍 NO QUARANTINE</b> No quarantine required unless the Close Contact becomes sick or tests positive for COVID-19</p> <p><b>👍 NO TEST NECESSARY</b> Unless:</p> <ul style="list-style-type: none"> <li>• Symptoms develop; or</li> <li>• Close contact becomes sick or tests positive for COVID-19</li> </ul> <p><b>👍 NO NOTIFICATIONS REQUIRED</b></p>

**DEFINED:** **⚠ Isolation:** keeps someone who has COVID-19 or tested positive for COVID-19 without symptoms away from others, even in their own home  
**📍 Quarantine:** keeps someone who was in close contact with a person with COVID-19 away from others in case they get sick

# Additional Guidance



## ♥ TAKE CARE OF YOURSELF

- Monitor symptoms and call a healthcare provider if symptoms get worse
- Call 9-1-1 for medical emergencies\* and tell the dispatcher you have COVID-19
- Get lots of rest and stay hydrated



## ♥ TAKE CARE OF YOURSELF

- Avoid contact with the Case and wear a mask if you must be in contact with the Case
- Monitor your health and call a healthcare provider if you develop symptoms
- Call 9-1-1 for medical emergencies\* and tell the dispatcher you have been in contact with someone with COVID-19



## ♥ TAKE CARE OF YOURSELF & PROTECT OTHERS

Continue following physical distancing and masking guidance when outside of the house

## 👤 PROTECT OTHERS

- Stay home except to get medical care
- Do not allow visitors
- Stay away from other people and pets in the household
  - Stay in a separate room and use a separate bathroom
  - If you must be in the same room as other people, maintain physical distance of at least 6 feet and wear a mask
- Do not share personal items with other people in the household (e.g., toothpaste, towels, bedding, dishes, utensils, phones, etc.)
- Wash hands often, cover coughs and sneezes, and disinfect surfaces and objects regularly
- Have meals and items that you need left at your door. Use paper plates and disposable utensils
- Bag your trash separately from other members of your household

\* Trouble breathing, bluish lips or face, chest pain, etc.

## Where can I get help?

### Medical

- 📞 Call your healthcare provider
- 📞 If you do not have a healthcare provider or health insurance, call Aloha United Way 2-1-1

### Other

- 📞 Call Aloha United Way 2-1-1

### COVID-19 Isolation and Quarantine Assistance

If you are unable to isolate or quarantine at home:

- 📞 Call Hawaii CARES at 1-800-753-6879 (TTY 7-1-1)
- 📞 Call We Are Oceania helpline at 808-913-1364

### Crisis Support, Mental Health or Substance Use Treatment Services

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



Interpreter services are available



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