SUMMARY GUIDANCE

FOR COVID-19 CASES & CONTACTS



Cases vs. Contacts



CASE

A person who tests positive for COVID-19, with or without symptoms



A person who has been within 6 feet of the

Case for a combined total of at least 15 minutes

over a 24-hour period regardless of mask use

(starting 2 days before the Case became ill or



CONTACT OF A CLOSE CONTACT

A person who lives with or has been in contact with a Close Contact but has had no contact with the Case

CASE

A ISOLATION[§]

Must stay at home except to get medical care until:

- · At least 5 full days have passed since symptoms first appeared (or if no symptoms, since test was taken); AND
- At least 24 hours have passed since last fever without use of feverreducing medicine; AND
- Symptoms, if any, have improved

WEAR A MASK

- Wear a well-fitting mask for 10 days any time you are around others at home or in public
- · Do not go to places where you are unable to wear a mask
- Avoid people who are at high risk for severe disease for at least 10 days

O NO ADDITIONAL TESTING

Has already been tested and confirmed to have COVID-19

☐ CONTACT:

Please notify school/employer and all Close Contacts





tested positive for COVID-19)

CLOSE CONTACT

QUARANTINE§

Unvaccinated Contacts:

Must stay at home for at least 5 full days after last contact with the Case

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 5 full days

Vaccinated Close Contacts Who Are Up-To Date:

Do not need to stay at home unless symptoms develop

NOTE: UP-TO-DATE depends on your age and time since last vaccination:

- Age 5-17 years: at least 2 weeks after receiving the 2nd dose of vaccine
- Age 18 years and older:
 - at least 2 weeks but no more than 5 months after receiving the 2nd dose in a 2-dose series; OR
 - at least 2 weeks but no more than 2 months after receiving a single-dose vaccine; OR
 - receipt of the primary vaccine series AND a booster dose

GET TESTED

Get tested at least 5 days after last contact with the Case, even if not having symptoms

(E) WEAR A MASK

- Wear a well-fitting mask for 10 days any time you are around others at home or in public
- Do not go to places where you are unable to wear a mask
- Avoid people who are at high risk for severe disease for at least 10 days

MONITOR FOR SYMPTOMS

All contacts (unvaccinated and vaccinated) should monitor for symptoms for 10 days after last contact with the Case. If symptoms develop, immediately self-isolate and get tested.

CONTACT: Please notify school/employer

CONTACT OF A CLOSE CONTACT

M NO QUARANTINE

No quarantine required unless the Close Contact becomes sick or tests positive for COVID-19

NO TEST NECESSARY

Unless.

- · Symptoms develop; or
- Close contact becomes sick or tests positive for COVID-19
- **M** NO NOTIFICATIONS REQUIRED

DEFINED: \(\Delta\) 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

call a healthcare provider if

Monitor symptoms and

symptoms get worse

• Call 9-1-1 for medical

emergencies (trouble

Get lots of rest and stay

breathing, bluish lips or

face, chest pain, etc.) and

tell the dispatcher you have





CLOSE CONTACT

♥ TAKE CARE OF YOURSELF —

Avoid contact with the Case and wear a mask if you

• Monitor your health for 10 days after last contact

must be in contact with others at home or in public

with the Case. If you develop symptoms, isolate and



CONTACT OF A CLOSE CONTACT

house

- **TAKE CARE OF YOURSELF &**
- Continue following physical distancing and masking guidance

when outside of the

PROTECT OTHERS

• Call 9-1-1 for medical emergencies and tell the dispatcher you have been in contact with someone with COVID-19

PROTECT OTHERS -

get tested immediately

- Stay home except to get medical care
- Do not allow visitors

COVID-19

hydrated

- 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
- Bag your trash separately from other members of your household

The Department of Health does not provide isolation "clearance" letters. Employers should not require a negative COVID-19 test or a clinician's note to return if the person meets the conditions to leave isolation or quarantine

Where can I get help?

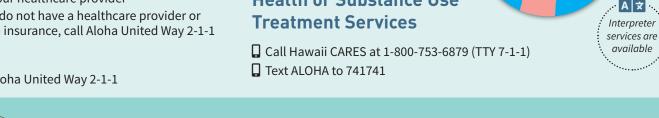
Medical

- ☐ 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

Crisis Support, Mental Health or Substance Use







For additional information, visit hawaiicovid19.com/resources