

SUMMARY GUIDANCE FOR COVID-19 CASES & CONTACTS



Cases vs. Contacts



What does this mean?

CASE	CLOSE CONTACT: HOUSEHOLD	CLOSE CONTACT: NON-HOUSEHOLD	CONTACT OF A CLOSE CONTACT
<p>⚠ ISOLATION Must stay at home except to get medical care until:</p> <ul style="list-style-type: none"> • At least 10 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 fever-reducing medicine; AND • Symptoms, if any, have improved <p>⊕ NO ADDITIONAL TESTING Has already been tested and confirmed to have COVID-19</p> <p>📱 CONTACT: Please notify school/employer and all Close Contacts</p>	<p>🚫 QUARANTINE Must stay at home for 10 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 10 days[§]</p> <p>🔍 GET TESTED Even if test result is negative, must stay at current home until quarantine period is over</p> <p>📱 CONTACT: Please notify school/employer</p>	<p>🚫 QUARANTINE Must stay at home for 10 days[§] after last contact with the Case</p> <p>🔍 GET TESTED Even if test result is negative, must stay at current home until quarantine period is over</p> <p>📱 CONTACT: Please notify school/employer</p>	<p>👍 NO QUARANTINE No quarantine required unless the Close Contact becomes sick or tests positive for COVID-19</p> <p>👍 NO TEST NECESSARY Unless:</p> <ul style="list-style-type: none"> • Symptoms develop; or • Close contact becomes sick or tests positive for COVID-19 <p>👍 NO NOTIFICATIONS REQUIRED</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

[§]14-day quarantine still applies to congregate settings (e.g., long-term care facilities, group care homes, assisted living facilities, correctional facilities, shelters, residential rehabilitation and treatment settings, military housing, etc.)

Additional Guidance



CASE

♥ TAKE CARE OF YOURSELF

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



CLOSE CONTACT: HOUSEHOLD

♥ 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



CLOSE CONTACT: NON-HOUSEHOLD



CONTACT OF A CLOSE CONTACT

♥ 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:

Honolulu County:

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

Hawaii County:

- ☐ Hilo: Call 808-974-6006
- ☐ Kona: Call 808-322-4880

Maui County:

- ☐ Call 808-984-8213 Mon-Fri 7:45 am to 4:30 pm
- ☐ Call 1-800-360-2575 After Hours

Kauai County:

- ☐ Call 808-241-3563 Mon-Fri 7:45 am to 4:30 pm
- ☐ Call 808-241-3496 After Hours

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