

# COVID-19

## Protect Yourself and Your Loved Ones



Wash your hands with soap and water for 20 seconds



Use hand sanitizer when unable to wash



Disinfect high-touch items like phone, tablet, keyboard, doorknobs



Shaka instead of handshake to provide 6-ft social distancing



Cover cough or sneeze with tissue or bent elbow



Avoid touching your face



Avoid sharing food and drink



Use a tissue or elbow to touch doorknobs, handrails, elevator buttons and crosswalk buttons



Telecommute when able



Stay home when feeling sick

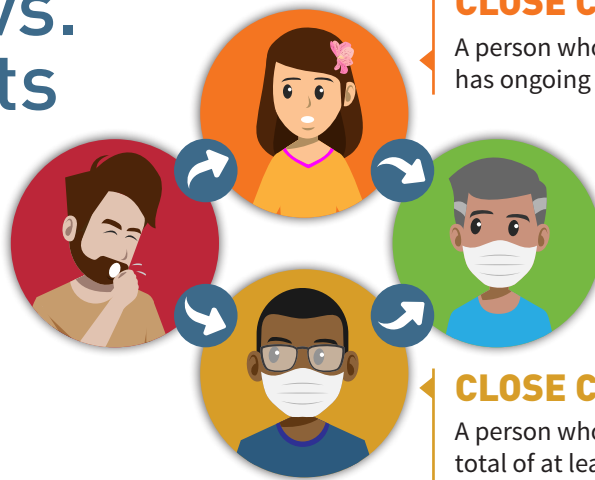


# SUMMARY GUIDANCE FOR COVID-19 CASES & CONTACTS



## Cases vs. Contacts

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



### CLOSE CONTACT: HOUSEHOLD

A person who lives in the same house and has ongoing contact with the Case

### 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

### CLOSE CONTACT: NON-HOUSEHOLD

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 (starting 2 days before the Case became ill or tested positive for COVID-19)

## 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 10 days<sup>§</sup> 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<sup>§</sup></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 10 days<sup>§</sup> 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

<sup>§</sup>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

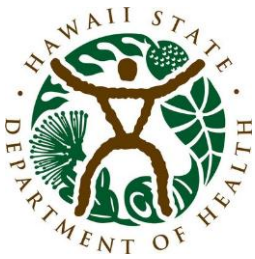
- ☒ Call Hawaii CARES at 1-800-753-6879 (TTY 7-1-1)
- ☒ Text ALOHA to 741741



Interpreter services are available



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



# COVID-19 Home Care Guide

*Hawaii Department of Health*

If you begin to develop a fever, cough, or shortness of breath, call your healthcare provider. They may tell you to manage your illness at home.

## 5 Steps to Follow if you Feel Sick

### 1. Stay home



- Avoid contact with others. Do not go to work, school, or public places
- Try to have a family member or friend deliver food, medicine, and other essentials

### 2. Monitor your symptoms



- If your symptoms get worse call your healthcare provider
- For medical emergencies, call 911

### 3. Isolate yourself from others in your household



- Stay in a separate room and use a separate bathroom, if possible
- If you must be around other people, wear a facemask
- Avoid touching things around the house and sharing personal items

### 4. Get lots of rest and stay hydrated



- Avoid physical activity and drink lots of fluids
- Try to eat healthy foods to get the nutrients you need to recover

### 5. Avoid spreading your germs



- Wash your hands often with soap and water
- Cover your cough and sneezes and dispose of tissue immediately
- Clean surfaces frequently with disinfectant products