INSTRUCTIONS FOR CLOSE CONTACTS OF A PERSON WITH COVID-19

The Hawaii Department of Health (HDOH) has determined that you have been in close contact with a person who tested positive for COVID-19. Close contact is defined as any of the following:

- Living in the same household with a person with COVID-19
- Being within 6 feet of a person with COVID-19 for 15 minutes or longer
- Caring for a person with COVID-19
- Being in direct contact with secretions from a person with COVID-19 (e.g. being coughed on, kissing, etc.)

☐ Contact your healthcare provider to be tested for COVID-19:
  - Positive test result: COVID-19 case and no longer a “close contact”
  - Negative test result: Not infected with COVID-19 at the time of testing
    May still develop COVID-19 infection
    Must remain in quarantine for period stated below

☐ Remain at home
  - Household contacts (living in same house; ongoing contact with the person with COVID-19): Remain at home for 14 days after the person with COVID-19 is released from isolation.
  - Non-household contacts (not living with person with COVID-19): Remain at home for 14 days after you were last in close contact with the person with COVID-19. Stay in a separate part of the house from others who live with you, preferably in a bedroom by yourself with a separate bathroom. If you need to interact with others in your household, wear a cloth face covering and stay at least 6 feet apart.

☐ Do not allow any visitors.

☐ Monitor your health for symptoms of COVID-19 (e.g., fever, cough, shortness of breath, etc.):
  - If you develop symptoms of COVID-19, call your usual healthcare provider and let them know you have been in contact with a person with COVID-19.

☐ Respond immediately when HDOH staff contact you to monitor you while you are in quarantine
  - Inform HDOH staff if you develop fever, cough, shortness of breath, or other symptoms

☐ If you are a non-household contact and you remain symptom-free, your family/household contacts do not need to stay at home, unless they are ill.

☐ You may leave home ONLY to receive medical care (call your healthcare provider first and inform them you have been in close contact with a person with COVID-19). Do not use any kind of public transportation, ridesharing, or taxis.

☐ For medical emergencies, call 911 and notify the dispatch personnel that you may have COVID-19. Put on a facemask before emergency medical services arrive.

☐ Prevent the spread of germs
  - Do not share personal household items (e.g., dishes, towels, bedding, etc.)
  - Clean and disinfect all frequently touched surfaces (e.g., tables, doorknobs, light switches, handles, phones, keyboards, toilets, sinks, faucets, etc.)
  - Clean hands often
    - Wash hands often with soap and water for 20 seconds
    - Always wash immediately after removing gloves and after contact with a sick person
    - If soap and water are not readily available, use hand sanitizer that contains at least 60% alcohol
    - Avoid touching your eyes, nose, and mouth with unwashed hands