COVID-19 RECOMMENDATIONS

HAWAII DEPARTMENT OF HEALTH

WHAT TO DO IF YOU HAVE BEEN TESTED FOR COVID-19

To avoid the spread of illness to others, follow these guidelines until you receive your COVID-19 test results:

☐ **Stay home except to get medical care**
- Remain at home until you receive your COVID-19 results
- Even if your COVID-19 results are negative, you should remain at home until you have recovered

☐ **All household contacts should remain at home** until test results return
- If COVID-19 test results are <u>NEGATIVE,</u> household contacts to the person who was tested may leave home if they are symptom-free
- If COVID-19 test results are <u>POSITIVE</u>:
  - Household contacts must remain at home until 14 days **<u>AFTER</u>** the person with COVID-19 is released from isolation
  - Household contacts who develop symptoms of COVID-19 (fever, cough, shortness of breath) should call their usual healthcare provider and let them know they have been in contact with a person with COVID-19

☐ **Avoid using any kind of public transportation, ridesharing, or taxis**

☐ **Separate yourself from other people in your home**
- Stay in a specific "sick room" if possible
- Use a separate bathroom if available
- If you need to be around other people in or outside of the home, wear a facemask
- If possible, eat in your room (have someone leave your meal outside your door)
- Avoid sharing personal items with other people in your household (e.g., dishes, towels, bedding)
- Clean all surfaces that are touched often (e.g., counters, doorknobs). Use household cleaning sprays or wipes according to the label instructions

☐ **Avoid direct contact with pets**, including petting, snuggling, being kissed or licked, sleeping in the same location, and sharing food.
- If possible, a household member should be designated to care for pets and should follow standard handwashing practices before and after interacting with the household animal

☐ **Get rest and stay hydrated**

☐ **Monitor your symptoms carefully.** If your symptoms get worse, call your usual healthcare provider immediately

☐ **For medical emergencies, call 911** and notify the dispatch personnel that you *may* have COVID-19

☐ **Cover your cough and sneezes**

☐ **Wash your hands often** with soap and water for at least 20 seconds or clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol.