

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