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?

CASE

⚠️ ISOLATION
Must stay at home except to get medical care until:
• 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

本能: Isolation: keeps someone who has COVID-19 or tested positive for COVID-19 without symptoms away from others, even in their own home

🔥 QUARANTINE
Must stay at home for 10 days after last contact with the Case
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

本能: Quarantine: keeps someone who was in close contact with a person with COVID-19 away from others in case they get sick

👍 GET TESTED
Even if test result is negative, must stay at current home until quarantine period is over

本能: Get tested: reduces the risk of spreading COVID-19

CONTACT: Please notify school/employer and all Close Contacts

CLOSE CONTACT: HOUSEHOLD

🔥 QUARANTINE
Must stay at home for 10 days after last contact with the Case

本能: Quarantine: keeps someone who was in close contact with a person with COVID-19 away from others in case they get sick

👍 GET TESTED
Even if test result is negative, must stay at current home until quarantine period is over

本能: Get tested: reduces the risk of spreading COVID-19

CONTACT: Please notify school/employer

CLOSE CONTACT: NON-HOUSEHOLD

🔥 QUARANTINE
Must stay at home for 10 days after last contact with the Case

本能: Quarantine: keeps someone who was in close contact with a person with COVID-19 away from others in case they get sick

👍 GET TESTED
Even if test result is negative, must stay at current home until quarantine period is over

本能: Get tested: reduces the risk of spreading COVID-19

CONTACT: Please notify school/employer

CONTACT OF A CLOSE CONTACT

👍 NO QUARANTINE
No quarantine required unless the Close Contact becomes sick or tests positive for COVID-19

本能: No quarantine: reduces the risk of spreading COVID-19

👍 NO TEST NECESSARY
Unless:
• Symptoms develop; or
• Close contact becomes sick or tests positive for COVID-19

本能: No test necessary: reduces the risk of spreading COVID-19

👍 NO NOTIFICATIONS REQUIRED

本能: No notifications: reduces the risk of spreading COVID-19

CONTACT:
Please notify school/employer

CLOSE CONTACT: HOUSEHOLD

CONTACT OF A CLOSE CONTACT

CLOSE CONTACT: NON-HOUSEHOLD

DEFINITIONS:

⚠️ 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.)

12/16/20

Summary Guidance (English)
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

For additional information, visit hawaii covid19.com/resources

**Interpretation Services are Available**

Summary Guidance (English)

**Additional Guidance**

**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

**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

**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.