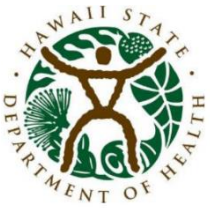# COVID-19 RECOMMENDATIONS

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 **AFTER** 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.

WHAT IS CONTACT TRACING?

Contact tracing is one of the most important tools that public health officials use to prevent the spread of COVID-19. When new cases of COVID-19 are identified, disease investigators work quickly to make sure the case is isolated. They will then identify and quarantine their close contacts and monitor those contacts for symptoms of the disease.
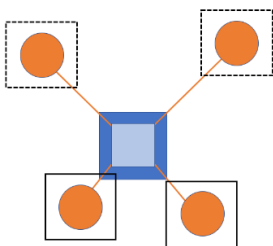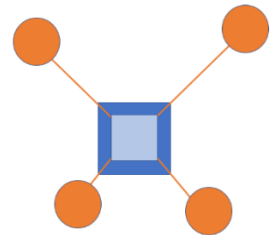
1. Identify the case

- – When a person has a positive test for COVID-19 their healthcare provider informs the Department of Health
- – Investigators from the Department of Health interview the person to find out how they may have been exposed to the virus and make sure the person is isolated from others

2. Find and notify close contacts of the case

- – The investigator works with the case to make a list of everyone they may have had **close contact** with while they were **contagious**
- – **Close contact** is defined *as face-to-face and less than 6ft for 10 to 30 minutes or longer depending on exposure*
- – People can be **contagious** as early as *2 days before their symptoms begin*

3. Advise close contacts to quarantine

- – All close contacts of the case are required to stay at home and avoid all interactions with other people for 14 days
- – During this time, close contacts could become contagious without feeling any symptoms

4. Monitor close contacts for symptoms

- – The Health Department will stay in touch with the close contacts for 14 days to monitor them for fever, cough, or shortness of breath
- – If the close contact develops symptoms, they will be tested for COVID-19
- – If they test positive, the process begins again at Step 1