

COVID-19

HAWAII STATE DEPARTMENT OF HEALTH

HOME ISOLATION AND QUARANTINE GUIDANCE

5-DAY ISOLATION AND QUARANTINE

ISOLATION

You must isolate if you tested positive for COVID-19 or if you have symptoms and have been unable to test. This is true whether you are vaccinated or not.

Stay home for at least 5 days and [isolate](#) from others in your home. Day 1 is the first full day after your symptoms developed or your test specimen was collected.

Wear a well-fitted mask if you must be around others in your home.

Monitor your symptoms. If you have a medical emergency, call 911 and say you have COVID-19

Let your close contacts, employer, and/or school know that you tested positive.

You may end isolation after **ALL** of the following are true:

- It has been at least 5 full days since your symptoms started (or since your test date, if you had no symptoms).
- You have had no fever for 24 hours, without taking fever-reducing medications
- Your symptoms are improving

If you have a fever or are not yet improving, remain in isolation until all of the above are true.

Take precautions until day 10

Wear a well-fitted mask for 10 full days any time you are around others inside your home or in public. Do not go to places where you are unable to wear a mask.

Avoid travel

Avoid being around people who are at high risk



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QUARANTINE

You must quarantine if you have been within 6 feet of a person with COVID-19 for 15 minutes or more over a 24-hour period (regardless of mask use) **UNLESS** (1) of the following is true:

- you are [up-to-date](#) on COVID-19 vaccinations, OR
- you have recovered from COVID-19 within the last 90 days (confirmed positive using a [viral test](#))

You are up to date with your vaccines if you are 18 years of age or older and have received all recommended COVID-19 vaccines and boosters for your age group, or if you are 5-17 years old and have completed your primary vaccination series at least 2 weeks ago.

Stay home and [quarantine](#) for at least 5 full days.

Day 1 is the first full day after your last contact with a person who has had COVID-19.

Wear a well-fitted mask if you must be around others in your home.

Get tested if possible

Even if you don't develop symptoms, get tested at least 5 days after you last had close contact with someone with COVID-19.

You may end quarantine after **ALL** of the following are true:

- It has been at least 5 full days since the last contact with the person with COVID-19
- You have had no symptoms
- If you tested, your test was negative

If you have ongoing close contact with a person with COVID-19 (e.g. a parent caring for a child) you **must** stay home in quarantine for 5 days **after** the person with COVID-19 is released from isolation.

If you develop symptoms

Begin [isolation](#) immediately and get tested if possible. Continue to stay home until you know the results. Wear a well-fitted mask around others.

Take precautions until day 10

Wear a well-fitted mask for 10 full days any time you are around others inside your home or in public. Do not go to places where you are unable to wear a mask.

Avoid travel

Avoid being around people who are at high risk

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

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 regardless of mask use (starting 2 days before the Case became ill or tested positive for COVID-19)



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

 CASE	 CLOSE CONTACT	 CONTACT OF A CLOSE CONTACT
<p>⚠️ ISOLATION[§] Must stay at home except to get medical care until:</p> <ul style="list-style-type: none"> • At least 5 full 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 <p>👤 WEAR A MASK</p> <ul style="list-style-type: none"> • Wear a well-fitting mask for 10 days any time you are around others at home or in public • Do not go to places where you are unable to wear a mask • Avoid people who are at high risk for severe disease for at least 10 days <p>➕ NO ADDITIONAL TESTING Has already been tested and confirmed to have COVID-19</p> <p>📄 CONTACT: Please notify school/employer and all Close Contacts</p>	<p>ⓘ QUARANTINE[§]</p> <p>Unvaccinated Contacts: Must stay at home for at least 5 full days after last contact with the Case</p> <p>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 5 full days</p> <p>Vaccinated Close Contacts Who Are Up-To Date: Do not need to stay at home unless symptoms develop</p> <p>NOTE: UP-TO-DATE depends on your age and time since last vaccination:</p> <ul style="list-style-type: none"> • Age 5-17 years: at least 2 weeks after receiving the 2nd dose of vaccine • Age 18 years and older: <ul style="list-style-type: none"> - at least 2 weeks but no more than 5 months after receiving the 2nd dose in a 2-dose series; OR - at least 2 weeks but no more than 2 months after receiving a single-dose vaccine; OR - receipt of the primary vaccine series AND a booster dose <p>📄 GET TESTED Get tested at least 5 days after last contact with the Case, even if not having symptoms</p> <p>👤 WEAR A MASK</p> <ul style="list-style-type: none"> • Wear a well-fitting mask for 10 days any time you are around others at home or in public • Do not go to places where you are unable to wear a mask • Avoid people who are at high risk for severe disease for at least 10 days <p>🏠 MONITOR FOR SYMPTOMS All contacts (unvaccinated and vaccinated) should monitor for symptoms for 10 days after last contact with the Case. If symptoms develop, immediately self-isolate and get tested.</p> <p>📄 CONTACT: Please notify school/employer</p>	<p>👍 NO QUARANTINE No quarantine required unless the Close Contact becomes sick or tests positive for COVID-19</p> <p>👍 NO TEST NECESSARY Unless:</p> <ul style="list-style-type: none"> • Symptoms develop; or • Close contact becomes sick or tests positive for COVID-19 <p>👍 NO NOTIFICATIONS REQUIRED</p>

DEFINED: **⚠️ 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

[§] Employers, schools, or other organizations may have additional restrictions which must also be followed.

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 (trouble breathing, bluish lips or face, chest pain, etc.) and tell the dispatcher you have COVID-19
- Get lots of rest and stay hydrated



CLOSE CONTACT

♥ TAKE CARE OF YOURSELF

- Avoid contact with the Case and wear a mask if you must be in contact with others at home or in public
- Monitor your health for 10 days after last contact with the Case. If you develop symptoms, isolate and get tested immediately
- Call 9-1-1 for medical emergencies and tell the dispatcher you have been in contact with someone with COVID-19



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

The Department of Health does not provide isolation “clearance” letters. Employers should not require a negative COVID-19 test or a clinician’s note to return if the person meets the conditions to leave isolation or quarantine

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

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



For additional information, visit hawaiiicovid19.com/resources

NO HEALTH INSURANCE? NEED COVID-19 SERVICES?

Free COVID-19 testing, treatment and vaccines.

Who can get services?

Anyone without health insurance, no matter their immigration status. A Social Security Number and/or government ID may be requested, but is **NOT** required.

What is free?

- ✓ Testing for COVID-19
- ✓ Treatment of COVID-19
- ✓ Vaccines for COVID-19

How is it free?

A federal **Uninsured Program** pays for COVID-19 services provided to anyone without health insurance.



More Information

For Patients

<https://www.hhs.gov/coronavirus/cares-act-provider-relief-fund/for-patients>

For Health Care Providers

<https://coviduninsuredclaim.linhealth.com>

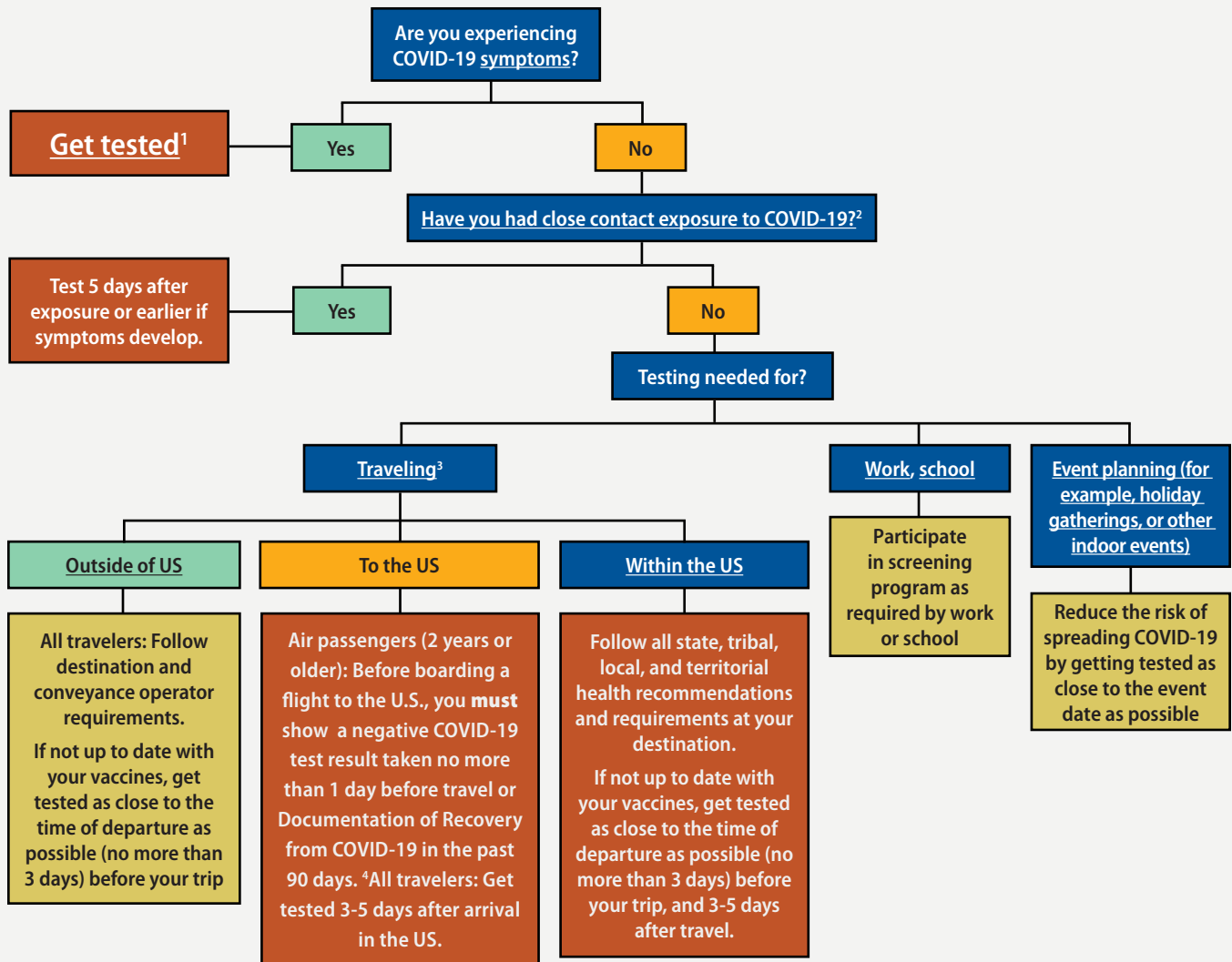
Important Details

- **Everyone is eligible for COVID-19 services, no matter their immigration status.** Testing, treatment or vaccinations paid for by the federal government **will not affect anyone's immigration status or be shared with immigration agencies.**
- If you are uninsured and receive a bill related to COVID-19 testing or treatment, ask your provider to bill the HRSA COVID-19 Uninsured Program instead of you.
- **You cannot be billed for COVID-19 services if you are uninsured and the government is paying your healthcare provider for your care.** If you receive a bill, and you already paid, you may be owed a refund and you should first speak to the person or facility that sent it. If they don't cancel the bill or give you a refund, contact the HHS Office of Inspector General Hotline at 1-800-HHS-TIPS or visit <https://TIPS.HHS.GOV> to file a complaint.
- **You do not need a Social Security Number or government ID to receive free COVID-19 services.**
- The doctor, pharmacy, or clinic may ask for this information but it is **only to help them confirm you don't have insurance** so they can get paid by the Uninsured Program.
- **You will still be treated, tested, or vaccinated for COVID-19 if you are not able to provide a Social Security Number or government ID.**
- **You cannot be billed for COVID-19 vaccinations.** If you receive a bill, you should first speak to the person or facility that sent it. If they don't cancel it, contact the HHS Office of Inspector General Hotline at 1-800-HHS-TIPS or visit <https://TIPS.HHS.GOV> to file a complaint.

WHEN TO GET TESTED | COVID-19 |

* If you have had COVID-19 in the past 90 days and recovered, you do not need to be tested unless you develop new symptoms. If you do have new symptoms, [isolate](#) immediately and get tested. Continue to stay home until you know the results. Wear a well-fitted mask around others.

Tested positive? Learn what the next steps are [here](#).



Footnotes

¹ Rapid tests such as antigen or laboratory based tests such as PCR are acceptable. If you have had COVID-19 in the past 90 days consult a healthcare provider for testing recommendations.

² Someone who was less than 6ft away from a laboratory confirmed case for a cumulative total of 15 minutes or more over a 24-hour period. However, in the K-12 indoor classroom setting or a structured outdoor setting where mask use can be observed (i.e.,

holding class outdoors with educator supervision), the close contact definition excludes students who were between 3 to 6 feet of an infected student if the infected student correctly wore mask the hold time.

³ For more information, visit: www.cdc.gov/covid19travel. If traveling by cruise, also check with your cruise line for additional requirements.

⁴ For more information on the requirement for a negative test or documentation of recovery and information for foreign nationals who have an additional requirement for proof of COVID-19 vaccination visit www.cdc.gov/travelrequirements



cdc.gov/coronavirus