



# 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 NEGATIVE, household contacts to the person who was tested may leave home if they are symptom-free
  - If COVID-19 test results are POSITIVE:
    - 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.



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### WHAT TO DO IF A PATIENT TESTS POSITIVE FOR COVID-19

- 1) Complete the Case Report Form (<https://health.hawaii.gov/docd/files/2020/01/Hawaii-PUI-Form-nCoV-2019.pdf>) and fax to HDOH, Disease Outbreak Control Division at (808) 586-4595.
- 2) Inform patient of test results
- 3) To avoid the spread of illness to others, please advise patient of the following (patient handouts: “What To Do If You Have Tested Positive For COVID-19,” “What Contacts of Persons with COVID-19 Should Do,” and “Caring for Someone with COVID-19 at Home” available at: <https://health.hawaii.gov/coronavirusdisease2019/for-clinicians/resources/>)
- 4) Advise patient to:
  - a. Stay at home except to get medical care
  - b. Not use any kind of public transportation, ridesharing, or taxis
  - c. Separate themselves from other people in their home
    - i. Stay in a specific “sick room”
    - ii. Use a separate bathroom
    - iii. If they need to be around other people in or outside of the home, wear a facemask
    - iv. Do not share personal items with other people in their household (e.g., dishes, towels, bedding)
    - v. Clean all surfaces that are touched often (e.g., counters, doorknobs). Use household cleaning sprays or wipes according to the label instructions
  - d. Avoid direct contact with pets
  - e. Get rest and stay hydrated
  - f. Respond immediately when Department of Health staff calls to monitor
  - g. Monitor their symptoms carefully. Notify you immediately if their symptoms get worse
  - h. Call 911 for medical emergencies and notify the dispatch personnel that they have COVID-19
  - i. Cover their coughs and sneezes
  - j. Wash their hands often with soap and water for at least 20 seconds or clean their hands with an alcohol-based hand sanitizer that contains greater than 60% ethanol or 70% isopropanol.

### DISCONTINUATION OF HOME ISOLATION FOR PERSONS WITH COVID-19

Persons with COVID-19 who have symptoms may discontinue home isolation under the following conditions:

- At least 10 days have passed *since symptoms first appeared* **AND**
- At least 24 hours have passed *since last fever* without the use of fever-reducing medications **AND**
- Improvement in symptoms (e.g., cough, shortness of breath)

Persons who were **asymptomatic** throughout their infection may be released from isolation when at least 10 days have passed since the date of collection of their first positive viral diagnostic test.



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### HOW TO CARE FOR SOMEONE WITH COVID-19 AT HOME

#### Limit contact

- Have sick person keep to a separate bedroom and bathroom
- Caregiver must not be someone who is at higher risk for severe illness from COVID-19
- Make sure the sick person's room has good air flow (e.g., open the window and turn on a fan to increase air circulation)
- Do not allow any visitors

#### Watch for warning signs

- Contact the person's healthcare provider if symptoms get worse
- Call 911 for medical emergencies (inform dispatch personnel that the person has COVID-19)
- Warning signs: trouble breathing, persistent pain or pressure in the chest, newly developed confusion, inability to wake or stay awake, bluish lips or face

#### Prevent the spread of germs

- **FOOD:**
  - Sick person should eat (or be fed) in their room or away from others
  - Wash dishes and utensils using gloves, soap and hot water or in a dishwasher
  - Clean hands after taking off gloves or handling used food service items
- **DO NOT SHARE PERSONAL ITEMS** (e.g., dishes, silverware, towels, bedding, or electronics)
- **CLOTH FACE COVER OR GLOVES** (when to wear):
  - SICK PERSON:** Cloth face cover whenever around other people (either at home or when going for medical care)
  - CAREGIVER:** Wear gloves when touching or having contact with blood, stool, or other body fluids. Throw gloves into a lined trash can. Always wash hands immediately after removing gloves and after contact with sick person.  
Wear a cloth face covering when caring for sick person.  
Clean hands often and avoid touching eyes, mouth, and nose with unwashed hands.
- **WASH HANDS** often with soap and water for at least 20 seconds. If soap and water are not available, use a hand sanitizer that contains at least 60% alcohol
- **CLEAN AND DISINFECT** frequently touched surfaces and items every day (e.g., doorknobs, light switches, handles, toilets, faucets, electronics, etc.)
  - Only clean sick person's separate bedroom and bathroom when needed, to limit contact with sick person.
- **LAUNDRY:** Wear disposable gloves when handling sick person's clothing/linens. Use warmest water setting laundry will allow. Dry laundry on high heat if possible. Wash hands immediately after removing gloves.
- **TRASH:** Dedicate a lined trash can for sick person. Use gloves when removing garbage bags and handling/disposing of trash. Wash hands afterward.

#### Track your own health

- Caregivers must stay home and monitor their health for COVID-19 symptoms (e.g., fever, cough, shortness of breath, etc.)
- Caregivers must stay home for 14 days after the person with COVID-19 meets criteria to end home isolation



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### INSTRUCTIONS FOR CLOSE CONTACTS OF A PERSON WITH COVID-19

The Hawaii Department of Health (HDOH) has determined that you have been in close contact with a person who tested positive for COVID-19. Close contact is defined as any of the following:

- Living in the same household with a person with COVID-19
  - Being within 6 feet of a person with COVID-19 for 15 minutes or longer
  - Caring for a person with COVID-19
  - Being in direct contact with secretions from a person with COVID-19 (e.g. being coughed on, kissing, etc.)
- Contact your healthcare provider to be tested for COVID-19:**
- Positive test result: COVID-19 **case** and no longer a “close contact”
  - Negative test result: Not infected with COVID-19 at the time of testing  
May still develop COVID-19 infection  
Must remain in quarantine for period stated below
- Remain at home**
- **Household contacts (living in same house; ongoing contact with the person with COVID-19):** Remain at home for 14 days *after* the person with COVID-19 is released from isolation.
  - **Non-household contacts (not living with person with COVID-19):** Remain at home for 14 days after you were last in close contact with the person with COVID-19. Stay in a separate part of the house from others who live with you, preferably in a bedroom by yourself with a separate bathroom. If you need to interact with others in your household, wear a cloth face covering and stay at least 6 feet apart.
- Do not allow any visitors.**
- Monitor your health** for symptoms of COVID-19 (e.g., fever, cough, shortness of breath, etc.):
- If you develop symptoms of COVID-19, call your usual healthcare provider and let them know you have been in contact with a person with COVID-19.
- Respond immediately when HDOH staff contact you to monitor you while you are in quarantine**
- Inform HDOH staff if you develop fever, cough, shortness of breath, or other symptoms
- If you are a non-household contact and you remain symptom-free, your family/household contacts do not need to stay at home, unless they are ill.**
- You may leave home ONLY to receive medical care (call your healthcare provider first and inform them you have been in close contact with a person with COVID-19). Do not use any kind of public transportation, ridesharing, or taxis.**
- For medical emergencies, call 911** and notify the dispatch personnel that you *may* have COVID-19. Put on a facemask before emergency medical services arrive.
- Prevent the spread of germs**
- Do not share personal household items (e.g., dishes, towels, bedding, etc.)
  - Clean and disinfect all frequently touched surfaces (e.g., tables, doorknobs, light switches, handles, phones, keyboards, toilets, sinks, faucets, etc.)
  - Clean hands often
    - Wash hands often with soap and water for 20 seconds
    - Always wash immediately after removing gloves and after contact with a sick person
    - If soap and water are not readily available, use hand sanitizer that contains at least 60% alcohol
    - Avoid touching your eyes, nose, and mouth with unwashed hands