



COVID-19

HAWAII STATE DEPARTMENT OF HEALTH

ISOLATION AND EXPOSURE GUIDANCE

ISOLATION

Isolate from others when you have COVID-19 or a positive test regardless of vaccination status. Isolate if you are sick with symptoms of COVID-19 but do not yet have test results.

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.

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

END ISOLATION

If you test positive and have no symptoms, end isolation after day 5.

If you test positive and have symptoms, end isolation after day 5 if:

- You have had no fever for 24 hours, without taking fever-reducing medications **and**
- Your symptoms are improving.

If you have a fever or are not yet improving, remain in isolation until all the above are true.¹

If you test negative, end isolation.

If you have continuing symptoms and your negative result was from a home test, continue to isolate and test again after at least 24 hours.

TAKE PRECAUTIONS THROUGH DAY 10

Wear a well-fitted mask for 10 full days when around others inside your home and indoors in public.

Do **not** go to places where you are unable to wear a mask.

Avoid public transportation and travel.

Avoid being around people who are at high risk for serious illness for 10 full days.

EXPOSURE TO A PERSON WITH COVID-19

Take precautions for 10 days, regardless of vaccination status.

You can develop COVID-19 up to 10 days after you have been exposed.

- **Wear a well-fitted mask for 10 days** when around others inside your home and indoors in public.
- **Watch** for symptoms.
- **Test** if you develop symptoms **and** follow ISOLATION guidance.
- **Test at least 5 full days after your last exposure** even if you don't have symptoms.

¹ If you have [moderate-to-severe COVID-19 illness or a weakened immune system](#), CDC recommends isolating through day 10 and consulting your healthcare provider.