



COVID-19 RECOMMENDATIONS

HAWAII DEPARTMENT OF HEALTH

WHAT TO DO IF YOU TEST POSITIVE FOR COVID-19

To avoid the spread of illness to others, you should follow these guidelines.

- Stay home except to get medical care**
 - Remain at home until a Department of Health Officer tells you that you no longer need to be in isolation
- 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
 - 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/service animals and should follow standard handwashing practices before and after interacting with the household animal
- Make a list of everyone with whom you have had close contact while you were ill**
 - Department of Health staff will be calling you for this information.
- Get rest and stay hydrated**
- Monitor your symptoms carefully.** If your symptoms get worse, call your usual healthcare provider immediately
- Respond immediately when Department of Health staff calls daily to monitor you while you are in isolation**
- For medical emergencies, call 911** and notify the dispatch personnel that you have COVID-19. Emergency warning signs for COVID-19 may include:
 - Trouble breathing
 - Persistent pain or pressure in the chest
 - Newly developed confusion
 - Difficulty arousing from sleep
 - Bluish lips or face
- 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.