

# Instructions for close contacts of a person with COVID-19

Please follow current state guidelines. You may contact us at: [customercare@gshawaii.org](mailto:customercare@gshawaii.org) | 808 595.8400



## Close contact is defined as any of the following situations

- Living in the same household with a person with COVID-19
- Being within 6 feet of a person with COVID-19 over a 24-hour period for a combined total of 15 minutes or more
- 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”
- Stay home for 10 days and self-monitor for symptoms

### 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



## Stay home (quarantine)

- Symptom-free household contacts (living in same house; ongoing contact with the person with COVID-19): Remain at home for 10 days after the person with COVID-19 is released from isolation.
- Symptom-free Non-household contacts (not living with persons with COVID-19): Remain at home for 10 days after you were last in close contact with the person with COVID-19). Your family/household contacts do not need to stay home, unless you test positive or they are ill.



## For household and non-household contacts, during your quarantine period you must

- 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, ride sharing, or taxis.
- Not allow any visitors
- Stay in a separate part of the house from others who live with you, preferably in a bedroom by yourself.
- If you must be around others in your household, wear a cloth face covering and stay at least 6 feet apart.
- Monitor your health daily for symptoms of COVID-19 (e.g., fever, cough, difficulty breathing, headache, sore throat, new loss of taste or smell, nausea, vomiting, diarrhea, tiredness, body aches, 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 and you have developed new symptoms.
- Prevent the spread of germs
- Do not share personal household items (e.g., dishes, towels, bedding, etc.)
- Clean all frequently touched surfaces (e.g., tables, doorknobs, handles, phones, keyboards, faucets, etc.)
- Wash hands often with soap and water for 20 seconds or hand sanitizer that contains at least 60% alcohol
- Always wash immediately after removing gloves and after contact with a sick person
- Avoid touching your eyes, nose, and mouth with unwashed hands



## Girl Scouts we need your help!

If you have participated in a Girl Scouts event and were in close contact with someone with COVID-19

1. If you have participated in a program and a member of your household subsequently tests positive for Covid-19 **Please contact Girl Scouts of Hawai'i immediately.**
2. Notify GSH Representative Molly Schmidt at 808-675-5512 (Office Direct Line) OR 650-799-4113 (Cell).
3. If you cannot reach Molly, notify Kristy Ryan at 808-675-5524 (Office Direct Line) OR 808-738-6698 (Cell).
4. Do not release any information to anyone else, even your fellow Girl Scouts. Girl Scouts of Hawai'i will begin contact tracing procedures and as appropriate notify health department partners.

If you do not have a healthcare provider, or if you have questions, visit <https://www.auw211.org/> or call 211  
14-day quarantine still applies to congregate settings (e.g., long-term care facilities, group care homes, assisted living facilities, correctional facilities, shelters, residential rehabilitation and treatment settings, military housing, etc.).

Be a Sister To Every Girl Scout. Help us keep our Community Healthy & Safe!

