



# COVID-19

## HAWAII STATE DEPARTMENT OF HEALTH

### HOME ISOLATION AND QUARANTINE GUIDANCE FOR SCHOOLS

#### ISOLATION

**ISOLATION** is for people who have tested positive for COVID-19 or who have COVID-19 symptoms, regardless of their vaccination status, to separate from people who do not have COVID-19.

If you are in isolation:

- Stay at home (except to seek medical care) until it is safe for you to be around others.
- At home, stay away from others.
  - Stay in a separate room.
  - Do **not** eat meals with other people.
  - Avoid physical contact with other household members and pets.
  - If you must be around others, wear a mask.
- Do **not** share unwashed personal household items (e.g., cups, utensils).
- Monitor your symptoms.
  - If you have a medical emergency (e.g., trouble breathing, chest pain), call 911 and inform the dispatcher that you have COVID-19.

**Students and staff can return to school when all the following conditions are met:**

- 10 days have passed since symptoms first appeared\* **and**
- 24 hours with no fever without use of fever-reducing medications; **and**
- Symptoms have improved or resolved.

\*If you never developed symptoms, you can stop isolation, return to school, and be with other people when 10 days have passed after your COVID-19 test was collected.

Note: The Department of Health does not provide isolation “clearance” letters. Schools should **not** require a negative COVID-19 test or a clinician’s note to return to school if the person has completed 10 days of isolation and meets the conditions above.

#### QUARANTINE

**QUARANTINE** is for people who have been in **close contact\*** with a person who has COVID-19.

##### Close Contacts in a School Setting

- An **adult close contact** is defined as being within 6 feet of a person with COVID-19 infection for 15 minutes or more over a 24-hour period (regardless of mask use).
- A **student close contact** in a K-12 **indoor classroom setting**, where everyone is wearing a mask correctly and consistently, is defined as being within 3 feet of a person with COVID-19 infection for 15 minutes or more over a 24-hour period.

- In **cafeterias or indoor rooms** (e.g., breakroom, classroom) where people were eating and drinking and **not** wearing masks, a close contact is any adult or student who was within **6 feet** of a person with COVID-19 infection for 15 minutes or more over a 24-hour period.

### **What to Do If You Are NOT Fully Vaccinated<sup>1</sup>**

- **Stay home for 10 days** after your last contact\* with the person with COVID-19.
- **Get tested** immediately for COVID-19, **even if you don't have symptoms**.
- You **must** remain at home in quarantine for 10 days, **even if you test negative**.
  - If your test is negative:
    - Get tested again 5–7 days after your last contact with the person with COVID-19.
    - Immediately self-isolate and get tested if you develop symptoms.
- Stay away from others in your home, especially those who are at higher risk for getting very sick from COVID-19.
- If you must be around others, wear a mask.
- Watch for symptoms for 14 days after your last contact with the person with COVID-19.
- If you develop symptoms, immediately **self-isolate** and **get tested**.

\*If you have ongoing close contact with a person with COVID-19 because you live in the same house, you **must** stay home in quarantine for 10 days **after** the person with COVID-19 is released from isolation.

**Students and staff can return to school when both of the following conditions are met:**

- 10 days have passed since last close contact with the person with COVID-19; **and**
- No symptoms.

Note: The Department of Health does not provide quarantine “clearance” letters. Schools should **not** require a negative COVID-19 test or a clinician’s note to return to school if the person has completed 10 days of quarantine and meets the conditions above.

### **What to Do If You Are Fully Vaccinated<sup>1</sup>**

- If you do **not** have symptoms, you do **not** need to quarantine.
- **Get tested** 3–5 days after your last contact with the person with COVID-19, **even if you don't have symptoms**.
- Watch for symptoms for 14 days after your last contact with the person with COVID-19.
- If you develop symptoms, immediately **self-isolate** and **get tested**.

**Contacts of Close Contacts:** People who were **not** in close contact with the person with COVID-19 infection.

- Do **not** have to quarantine.
- Do **not** have to get tested.

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<sup>1</sup> People are fully vaccinated 2 weeks after their second dose in a 2-dose series, such as Pfizer-BioNTech or Moderna, or 2 weeks after a single-dose vaccine, such as Johnson & Johnson’s Janssen vaccine.