

What to do if you have been in contact with COVID-positive individuals

Case information	Can I come to work?	Do I need to be tested?	Where do I go for care?
<p><u>You tested COVID-positive</u> You have been tested and informed that your test is positive</p>	<p>No, You will need to self-isolate or quarantine at home.</p>	<p>Yes, You will need to be tested again before you return to work.</p>	<p>If your symptoms are getting worse, you can contact your doctor.</p>
<p><u>A household contact tests positive</u> Someone you live with, roommate, significant other</p>	<p>No, will need to self-isolate for 14 days after last exposure</p>	<p>Yes, Family members of confirmed positive cases should be tested</p>	<p>Primary care doctor</p>
<p><u>A close contact tests positive</u> Someone who you spent more than 10 minutes in close contact with, within 6 feet, repeatedly over the course of one day, or many days since the day they developed symptoms OR <u>a positive case who coughed on you repeatedly</u>, or whose respiratory secretions or saliva you contacted directly</p>	<p>Recommend <u>initially working from home</u> while case details reviewed to determine the need to self-isolate (for 14 days after the last exposure</p>	<p>Not unless you have symptoms</p>	<p>No care needed if you do not have symptoms.</p> <p><u>You should self-monitor your symptoms and temperature every day for 14 days since the exposure</u>, looking for fever >100 degrees Fahrenheit, cough, chills, shortness of breath</p>
<p><u>Coworker of friend tests positive</u> Someone who you walked by or were around, but more 6 feet away. Someone you were in the same room with, but not within 6 feet for more than 5-10 minutes</p>	<p>Yes, <u>you can work, as long as you do not have symptoms</u> and you were not a close contact (see above)</p>	<p>Not unless you have symptoms</p>	<p>No care needed if you do not have symptoms.</p> <p><u>You should self-monitor your symptoms and temperature every day for 14 days</u></p>
<p><u>Friend of a friend tests positive</u> Your best friend's mother, your spouse's co-worker</p>	<p>Yes, <u>You can work</u> as long as you do not have symptoms</p>	<p>Not unless you have symptoms</p>	<p>You should take general precautions given the community spread of COVID in the State of Hawaii</p>