When To Use a COVID-19 Self-Test Kit

Please follow the step-by-step instructions and product precautions included with your self-test kit.

IF YOU HAVE HAD COVID-19 IN THE PAST 90 DAYS, YOU DO NOT NEED TO BE TESTED UNLESS YOU HAVE NEW SYMPTOMS.

► Symptoms may include fever or chills, cough, shortness of breath, headache, fatigue, or loss of taste.

IF YOU HAVE BEEN IN CONTACT WITH SOMEONE WITH COVID-19, TAKE YOUR TEST AT LEAST 5 DAYS AFTER EXPOSURE.

► If you are not up to date on COVID-19 vaccinations, quarantine at home for 5 days. (Scan the QR on the left for Guidance for Cases and Contacts.)
► If you are up to date on COVID-19 vaccinations, you will not need to quarantine after being exposed, but you should take a test.

IF YOU HAVE SYMPTOMS OF COVID-19, SELF-ISOLATE AWAY FROM OTHERS AND GET TESTED AS SOON AS POSSIBLE.

IF YOU DON’T HAVE SYMPTOMS AND HAVE NOT BEEN EXPOSED TO SOMEONE WITH COVID-19, CONSIDER TESTING BEFORE ATTENDING AN INDOOR EVENT OR GATHERING.

► Test immediately before the gathering, or as close to the time of the event as possible. Test before spending time with kupuna or those who are at a higher risk for getting very sick, and keiki who cannot get vaccinated yet.

Our clinic hours are 8:30am - 4:00pm, Mondays - Fridays, but we also offer Telehealth Appointments. Call at 808-455-0515 to find out more!
It’s so normal

wear a mask

What To Do If You Test POSITIVE For COVID-19

STAY HOME AND SELF-ISOLATE AWAY FROM OTHERS FOR 5 DAYS.

WEAR A MASK WHEN YOU NEED TO BE AROUND PEOPLE FOR 10 DAYS.

INFORM THOSE WHO NEED TO KNOW, INCLUDING YOUR EMPLOYER/SCHOOL AND ANY CLOSE CONTACTS.

MONITOR YOUR SYMPTOMS AND CONTACT YOUR HEALTHCARE PROVIDER IF NECESSARY.

POSITIVE SELF-TEST RESULTS DO NOT NEED TO BE REPORTED TO HAWAI’I DEPARTMENT OF HEALTH.

What To Do If You Test Negative for COVID-19

There is still a chance you could have COVID-19, especially if you have symptoms or have been exposed to someone with COVID-19.

Consider repeating the self-test 1-2 days later or seek PCR Testing. Taking more than one test can help you be sure that you do not have COVID-19.

Visit HawaiiCOVID19.com for additional guidance.

AlohaSafe Alert - An app that notifies you if someone you’ve spent time with reports having COVID-19.

TellYourContacts.org - An anonymous way to notify your close contacts of exposure.

COVID.gov/tests - Every home in the U.S. is eligible to order free self-test kits.

Call the Hawai’i State Department of Health at (808) 586-8332 if you have additional questions.