

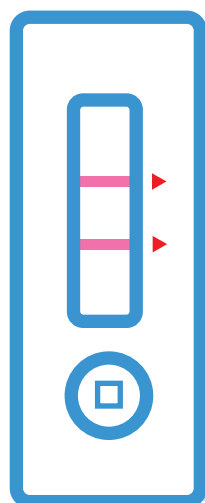
# LEEWARD COMMUNITY COLLEGE STUDENT HEALTH CENTER

## NEWSLETTER



**ALOHA**

*We hope you are having a restful and healthy summer and looking forward to Fall Semester. We hope this information will help you navigate COVID-19. Please visit our website at [www.hawaii.edu/shs/lcc](http://www.hawaii.edu/shs/lcc) to learn about the services we have to offer.*



# 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 SYMPTOMS OF COVID-19, SELF-ISOLATE AWAY FROM OTHERS AND GET TESTED AS SOON AS POSSIBLE.**



**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 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.



Wear a **mask**



It's so **normal**



#Spread**aloha**NotCORONA



# 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 HAWAII 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.

## additional **RESOURCES...**

Visit [HawaiiCOVID19.com](https://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 Hawaii State Department of Health at (808) 586-8332 if you have additional questions.