

Daily Wellness Check

WE NEED YOUR HELP!

HIDOE employees, contracted service providers, visitors, and students must complete a wellness check each morning before going to school. Please report any illness or COVID-19 exposure to the school or supervisor.



1 CHECK FOR COVID-19-LIKE SYMPTOMS OF ILLNESS

If any symptoms of illness are present, **do not go to school or work.**

- Fever (higher than 100°F or hot to the touch)
- Chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea



2 CHECK FOR RECENT COVID-19 EXPOSURE

If any of the following apply, **do not go to school or work.**

- Recently tested positive for COVID-19
- Required to quarantine due to possible COVID-19 exposure (e.g. travel)*
- Living with someone with COVID-19*
- You or a household member are waiting for COVID-19 test results*
- Recent close contact with someone with COVID-19*

*Someone who has been fully vaccinated or has had COVID-19 and recovered in the past three months is not required to quarantine following additional exposure and may go to school/work as long as they do not develop new symptoms.

**HELP US TO KEEP OUR SCHOOLS
HEALTHY AND SAFE!**

BIG ISLAND *Healthcare*

NEXT STEPS AFTER COVID-19 TESTING



Next Steps After COVID Testing

What to do

- Monitor your symptoms. If you have an emergency warning sign*, seek emergency medical care immediately.
 - Trouble breathing
 - Persistent pain or pressure in the chest
 - New confusion
 - Inability to wake or stay awake
 - Pale, gray, or blue-colored skin, lips, or nail beds, depending on skin tone
- Isolate in a separate room from other household members, if possible.
 - Isolation is used to separate people infected with COVID-19 from those who are not infected.
 - People who are in isolation should stay home until its safe for them to be around others. At home, anyone sick or infected should separate from others, stay in a specific sick room or area, use a mask when interacting with other household family members, and use a separate bathroom (if available).
- Use a separate bathroom, if possible.
- Avoid contact with other members of the household and pets.
- Don't share personal household items, like cups, towels, and utensils.
- Wear a mask when around other people if able.

*This list is not all possible symptoms. Please call us for any other symptoms that are severe or concerning to you.

Results Notification

Negative Results – Results and instructions will be sent via portal message.

Positive Results – you will receive a phone call from one of our staff members. They will provide instructions to you at that time. You will also receive results and instructions via portal message.

If at any time you have questions or concerns about your symptoms, please contact our office at (808) 885-3627.

www.bigislandhealthcare.com

ARE YOU CONNECTED TO OUR PATIENT PORTAL?



TWO WAYS TO CONNECT

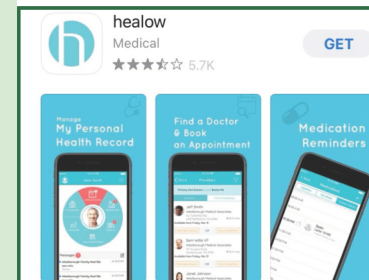
How to Download & sign into Healow App

- Send and receive messages from your Provider
- Check in for your appointment
- Access your medical records

**BIG ISLAND
Healthcare**

Download Healow onto your device

Search for "Healow" in Google Play (for Android) or App Store (for Apple). Download and install on your device.



Enter the practice code: **IFFABD**

When signing in, use the practice code for Big Island Healthcare: **IFFABD**

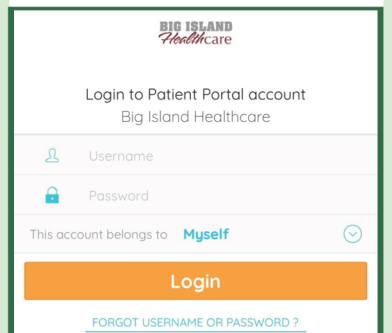
Please enter the code given to you by your doctor's office **OR** enter your doctor's contact number.

Enter Practice Code / Phone No.

LOGIN

Login

Log in using your username and password, and who the account belongs to.





August 29, 2021

Dear Hawai'i Island Community:

Big Island Docs (aka East Hawai'i IPA) is a membership association representing over 60 physician and licensed primary care providers on Hawai'i Island.

We believe that it is critically important to the health of our community for everyone 12 years and older to get vaccinated as soon as possible. Based on our review of the medical literature and scientific evidence we believe in the safety and efficacy of the vaccine in preventing serious illness and even death.

We know that you care about your loved ones and our community. Please get vaccinated as soon as possible and encourage your friends, families, neighbors and colleagues to do the same. If you have any questions, please reach out to your primary care practitioner or one of us and we would be happy to answer and address your concerns.

Sincerely,

Big Island Docs (aka East Hawai'i IPA) Board of Directors

Lynda Dolan, MD

Brenda Camacho, MD

Buddy Festerling, MD

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www.ehiipa.com

670 Ponahawai St., Suite 117 | Hilo, Hawaii 96720 | PH: 808-797-3113 | Fax: 808-935-4472

WHERE TO GET VACCINATED



HILO



BAY CLINIC

- 450 Kilauea Ave., #105
(808) 333-360

KTA PHARMACY

- 50 E. Puainako St.
(808) 959-8700

LONG'S DRUGS

- Downtown Hilo**
555 Kilauea Ave.
(808) 935-9075

- Ka Waena Lap'au
Medical Building**
670 Ponahawai Ste., #213
(808) 933-8555

- Prince Kuhio Plaza**
111 E. Puainako St.
(808) 959-4508

- Target**
391 E. Maka'ala St.
(808) 920-8606

DEPT. OF HEALTH

- Afook-Chenin Civic
Auditorium**
201 Manono St.
(808) 300-1120

- Edith Kanaka'ole
Stadium**
350 Kalanikoa St.
(808) 300-1120

Location subject to change. Visit <https://health.hawaii.gov/big-island> for more information.

For more vaccine locations in Hilo and available around the island, please visit our COVID-19 resources page on our website: www.bigislandhealthcare.com/resources



LINKS



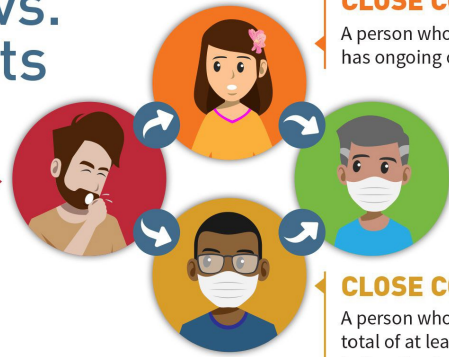
- <https://coronavirus-response-county-of-hawaii-hawaiicountygis.hub.arcgis.com/pages/vaccine-information>
- <https://hawaiicovid19.com/vaccine>
- <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/recommendations/immuno.html>
- <https://www.fda.gov/news-events/press-announcements/fda-approves-first-covid-19-vaccine>

SUMMARY GUIDANCE FOR COVID-19 CASES & CONTACTS



Cases vs. Contacts

CASE
A person who tests positive for COVID-19, with or without symptoms



CLOSE CONTACT: HOUSEHOLD

A person who lives in the same house and has ongoing contact with the Case

CONTACT OF A CLOSE CONTACT

A person who lives with or has been in contact with a Close Contact but has had no contact with the Case

CLOSE CONTACT: NON-HOUSEHOLD

A person who has been within 6 feet of the Case for a combined total of at least 15 minutes over a 24-hour period (starting 2 days before the Case became ill or tested positive for COVID-19)

What does this mean?

CASE	CLOSE CONTACT: HOUSEHOLD	CLOSE CONTACT: NON-HOUSEHOLD	CONTACT OF A CLOSE CONTACT
<p>⚠️ ISOLATION Must stay at home except to get medical care until:</p> <ul style="list-style-type: none"> At least 10 days have passed since symptoms first appeared (or if no symptoms, since test was taken); AND At least 24 hours have passed since last fever without use of fever-reducing medicine; AND Symptoms, if any, have improved 	<p>🏠 QUARANTINE Unvaccinated Contacts: Must stay at home for 10 days⁹ after last contact with the Case</p> <p>If unable to avoid contact with the Case (living in the same house with no separate bedroom, bathroom, and living space), must stay at home while the Case is in isolation AND for an additional 10 days⁹</p> <p>Fully Vaccinated* Contacts: If no symptoms, do not need to quarantine</p>	<p>🏠 QUARANTINE Unvaccinated Contacts: Must stay at home for 10 days⁹ after last contact with the Case</p> <p>Fully Vaccinated* Contacts: If no symptoms, do not need to quarantine</p>	<p>👍 NO QUARANTINE No quarantine required unless the Close Contact becomes sick or tests positive for COVID-19</p>
<p>➕ NO ADDITIONAL TESTING Has already been tested and confirmed to have COVID-19</p>	<p>🔍 GET TESTED Unvaccinated Contacts: Get tested immediately. If test negative, must:</p> <ul style="list-style-type: none"> Still remain at home until quarantine period is over Be tested again in 5-7 days after last contact with the Case or immediately if symptoms develop <p>Fully Vaccinated* Contacts: Get tested at 5 – 7 days after last contact with the Case, even if not having symptoms</p>	<p>👍 NO TEST NECESSARY Unless:</p> <ul style="list-style-type: none"> Symptoms develop; or Close contact becomes sick or tests positive for COVID-19 	<p>👍 NO TEST NECESSARY Unless:</p> <ul style="list-style-type: none"> Symptoms develop; or Close contact becomes sick or tests positive for COVID-19
<p>📞 CONTACT: Please notify school/employer and all Close Contacts</p>	<p>📞 CONTACT: Please notify school/employer</p>	<p>📞 CONTACT: Please notify school/employer</p>	<p>📞 CONTACT: Please notify school/employer</p>
	<p>👁️ MONITOR FOR SYMPTOMS All contacts (unvaccinated and vaccinated) should monitor for symptoms for 14 days after last contact with the Case. If symptoms develop, immediately self-isolate and get tested.</p>		<p>👁️ MONITOR FOR SYMPTOMS All contacts (unvaccinated and vaccinated) should monitor for symptoms for 14 days after last contact with the Case. If symptoms develop, immediately self-isolate and get tested.</p>

DEFINED: **⚠️ Isolation:** keeps someone who has COVID-19 or tested positive for COVID-19 without symptoms away from others, even in their own home
🏠 Quarantine: keeps someone who was in close contact with a person with COVID-19 away from others in case they get sick

⁹14-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.)

*People are considered fully vaccinated two (2) weeks after receiving their 2nd dose in a 2-dose series or 2 weeks after a single-dose COVID-19 vaccine

Additional Guidance

CASE	CLOSE CONTACT: HOUSEHOLD	CLOSE CONTACT: NON-HOUSEHOLD	CONTACT OF A CLOSE CONTACT
<p>♥ TAKE CARE OF YOURSELF</p> <ul style="list-style-type: none"> Monitor symptoms and call a healthcare provider if symptoms get worse Call 9-1-1 for medical emergencies* and tell the dispatcher you have COVID-19 Get lots of rest and stay hydrated 	<p>♥ TAKE CARE OF YOURSELF</p> <ul style="list-style-type: none"> Avoid contact with the Case and wear a mask if you must be in contact with the Case Monitor your health and call a healthcare provider if you develop symptoms Call 9-1-1 for medical emergencies* and tell the dispatcher you have been in contact with someone with COVID-19 	<p>♥ TAKE CARE OF YOURSELF & PROTECT OTHERS</p> <p>Continue following physical distancing and masking guidance when outside of the house</p>	
<p>👤 PROTECT OTHERS</p> <ul style="list-style-type: none"> Stay home except to get medical care Do not allow visitors Stay away from other people and pets in the household <ul style="list-style-type: none"> Stay in a separate room and use a separate bathroom If you must be in the same room as other people, maintain physical distance of at least 6 feet and wear a mask Do not share personal items with other people in the household (e.g., toothpaste, towels, bedding, dishes, utensils, phones, etc.) Wash hands often, cover coughs and sneezes, and disinfect surfaces and objects regularly Have meals and items that you need left at your door. Use paper plates and disposable utensils Bag your trash separately from other members of your household <p>* Trouble breathing, bluish lips or face, chest pain, etc.</p>			

Where can I get help?

Medical

- Call your healthcare provider
- If you do not have a healthcare provider or health insurance, call Aloha United Way 2-1-1

Other

- Call Aloha United Way 2-1-1

Crisis Support, Mental Health or Substance Use Treatment Services

- Call Hawaii CARES at 1-800-753-6879 (TTY 7-1-1)
- Text ALOHA to 741741

COVID-19 Isolation and Quarantine Assistance

If you are unable to isolate or quarantine at home:

Honolulu County:

- Call Hawaii CARES 1-800-753-6879 (TTY 7-1-1)
- Call We Are Oceania helpline at 808-913-1364

Hawaii County:

- Hilo: Call 808-974-6006
- Kona: Call 808-322-4880

Maui County:

- Call 808-984-8213 Mon-Fri 7:45 am to 4:30 pm
- Call 1-800-360-2575 After Hours

Kauai County:

- Call 808-241-3563 Mon-Fri 7:45 am to 4:30 pm
- Call 808-241-3496 After Hours



For additional information, visit hawaiiicovid19.com/resources