



COVID-19

HAWAII STATE DEPARTMENT OF HEALTH

IDENTIFYING AND TALKING TO YOUR CLOSE CONTACTS

A **close contact** is anyone who was within 6 feet (approximately two arm lengths) of you for a combined total of 15 minutes or moreover a 24-hour period.

A person with COVID-19 infection can spread SARS-CoV-2, the virus that causes COVID-19, starting from 2 days before they have symptoms (or, if no symptoms, 2 days before the positive test collection date), until they meet criteria for discontinuing home isolation. A person is still considered a close contact even if masks were used by one or both persons.

Exception: In **K–12 indoor classroom settings**, where everyone is wearing a mask correctly and consistently, close contacts are students who were within **3 feet** (approximately one arm length) of a student with COVID-19 infection for 15 minutes or more over a 24-hour period.

The exception does **not** apply to teachers, staff, or other adults in K-12 indoor classroom settings.

Public Health Recommendations

All people who have been in close contact with a person who has COVID-19 infection **must** quarantine for 10 days¹.

Exception: People with recent exposure do **not** need to quarantine if:

- They have been fully vaccinated² **and** do **not** have symptoms.
- They have been diagnosed with COVID-19 infection within the last 3 months **and** do **not** have symptoms (e.g., cough, shortness of breath)

Additional Information

Many factors can influence a person's risk of exposure to COVID-19, including how long they were exposed and how close they were to the person with COVID-19 infection; where they were exposed (e.g., indoors or outdoors); vaccination status; prior COVID-19 infection status; and use of personal protective measure (e.g., mask use).

By always using masks correctly and consistently, people can protect themselves and others and reduce their exposure to COVID-19.

¹ Quarantine is 14 days for close contacts living or working in congregate settings, including if there are household members who work in congregate settings (e.g., correctional facilities).

² People are fully vaccinated 2 weeks after their second dose in a 2-dose series, such as Pfizer-BioNTech, Moderna, and Oxford Uni-AstraZenca, or 2 weeks after a single-dose vaccine, such as Johnson & Johnson's Janssen vaccine. If you do **not** meet these requirements, regardless of your age, you are **not** fully vaccinated.

Make A List of Close Contacts to Notify

To make the list of your close contacts, please consider the following questions:

- Who lives with you?
- Who have you spent time with your extended family?
- Have you gone to work or school?
- Have you spent time with others recently?
 - Had meals and/or drinks at a restaurant, bar, or other establishment?
 - Exercised with others or gone to a gym or exercise facility?
 - Hosted family or friends at your house or visited family or friends at their house?
 - Volunteered?
 - Attended a party or other social or work gathering?
- Have you gone to a store in person (e.g., grocery store, mall)?
- Have you gone to in-person appointments (e.g., salon, barber, doctor, dentist)?
- Have you ridden in a car with others (e.g., ride share) or taken public transportation?
- Have you been attended a service or event at a place of worship (e.g., church, mosque)?

Notify People You Have Been Around That They May Have Been Exposed To COVID-19

Your close contacts are at the greatest risk of COVID-19 infection. By telling people you have been in close contact with that they may have been exposed to COVID-19, you are helping to protect them and others in your community. You can call, text, instant message, or email your contacts. Get in touch.

If you prefer, use the [Tell Your Contacts](#) website to send emails or texts to your close contacts anonymously.

What to Say to Your Contacts

“Hi. I need to talk to you about something important. Do you have a few minutes to talk privately? I (tested positive for or was diagnosed with) COVID-19 on (date). We spent time together on (date), and I wanted to let you know so that you can get tested to protect your family and others. If you haven’t been vaccinated, the Department of Health and CDC recommend that you stay home, stay from others for 10 days except to get tested for COVID-19, get medical care if you need it, and monitor for symptoms of COVID-19. If you have been vaccinated and don’t have symptoms, you don’t have to quarantine, but you should get tested 5-7 days after the exposure. If you have any questions, the [Department of Health](#) has frequently asked questions and resources available on their website.”