



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 more over 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.

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.

Make A List of Close Contacts to Notify

- 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 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 5 days and then wear a mask for an additional 5 days, monitor for symptoms of COVID-19, and get tested 5 days after exposure. If you have been vaccinated and received your booster and don't have symptoms, you don't have to quarantine, but you should wear your mask for 10 days and get tested at day 5. If you have any questions, the [Department of Health](#) has frequently asked questions and resources available on their website."