



COVID-19

HAWAII STATE DEPARTMENT OF HEALTH

IDENTIFYING AND TALKING TO YOUR CLOSE CONTACTS

A **close contact** is anyone who has been exposed to COVID-19, regardless of vaccination status.

Take precautions for 10 full days and follow the [Isolation and Exposure Guidance](#). A person is still considered a close contact even if masks were used by one or both persons.

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 are higher risk than outdoors); vaccination status; prior COVID-19 infection status; and use of personal protective measures (e.g., mask use).

By 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 did you spend time with in your extended family?
- Did you go to work or school?
- Did you spend time with others:
 - For meals and/or drinks at a restaurant, bar, club, or other establishment?
 - Exercising at a gym or sports facility?
 - At your house or visited family or friends at their house?
 - At a party or other social or work gathering?
- Did you go to in-person appointments (e.g., salon, barber, doctor, dentist)?
- Did you ride in a car with others or take public transportation?
- Did you attend a service or event at a place of worship (e.g., church)?

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

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). You are one of my close contacts. You should wear a mask starting now and get tested to protect your family and others. If you test positive, regardless of your vaccination status, you should isolate from others. You should isolate now if you are sick or have any symptoms of COVID-19 and get tested as soon as possible. Please wear a well-fitted mask for 10 full days anytime you are around others, monitor for symptoms, and get tested 5 days after our last in-person contact. If you have any questions, the [Hawaii State Department of Health](#) has frequently asked questions and resources available on their website."