

COVID-19



WHAT YOU NEED TO KNOW

What are the symptoms of COVID-19?



FEVER



COUGH



DIFFICULTY BREATHING



SEVERE ILLNESS



LOSS OF TASTE OR SMELL

How is COVID-19 spread?



Breathing in air when close to an infected person who is exhaling small droplets that contain the virus.



Having these droplets land on the eyes, nose, or mouth, especially through splashes and sprays like a cough or sneeze.



Touching eyes, nose, or mouth with hands that have the virus on them.

COVID-19 Vaccine Information

- COVID-19 vaccines are free and widely accessible.
- Everyone aged 5 years and older should get a COVID-19 vaccination as soon as possible.
- COVID-19 vaccines are effective at protecting people from getting infected, becoming severely ill, and significantly reducing the likelihood of hospitalization and death.

How can I protect myself and our community?

Everyone in our community

- Get vaccinated.
- Practice physical distancing.
- Wear your mask.
- Stay home when you are sick.
- Wash your hands often with soap and water for at least 20 seconds. If not available, use an alcohol-based hand sanitizer.

How to care for yourself if you are sick at home

- Isolate for at least 10 days after your symptoms first appear or you test positive.
- Rest and stay hydrated.
- Stay in a separate room or area and use a separate bathroom.
- If you must be around others, wear a mask.
- Do not share household items.
- Seek medical care if symptoms worsen.

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Get Connected. Get Help.™

For more information about COVID-19,
call our partners at Aloha United Way 2-1-1.

Or visit our website at:

<https://health.hawaii.gov/coronavirusdisease2019/>

