



October 2015

Community Update

Representative Linda Ichiyama

House District 32: Moanalua, Salt Lake, Aliamanu

Room 327 • Phone # 586-6220

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Aloha Friends and Neighbors,

The flu season is starting and it will last through the fall and winter. It is important to remind family, friends and neighbors of what they can do to prevent the flu. Remember to take precautions, stay informed and do not forget to get yourself and your family vaccinated to help keep our community and ohana healthy.

For more detailed information on where to get your influenza vaccination please visit the Hawaii State Department of Health website at www.flu.hawaii.gov or call 2-1-1 for seasonal flu information. The referral service is available statewide, Monday through Friday from 6:00am to 9:00pm.

If you have any comments or concerns, please feel free to contact me. I look forward to hearing from you.

Thank you very much,



Rep. Ichiyama met with Cub Scout Pack 186 this summer to discuss the legislative process and answer their many questions about the State Capitol.

Be Prepared for Flu Season

What you can do to stay healthy

- Get vaccinated.
- Stay healthy—eat, rest, drink plenty of fluids, and exercise.
- Cover your cough or sneeze with the inside of your elbow or a tissue and encourage others to do the same.
- Wash your hands frequently or use alcohol-based hand sanitizing gel.
- Avoid touching your eyes, nose, and mouth.
- Stay home if you are ill, and keep your children home from school if they are ill.

Be prepared if you are asked to voluntarily remain at home—have an emergency supply kit for your home including water, food, and medications (both basic and non-prescription medications like ibuprofen and at least a two week supply of prescription medications).



WHAT IS 2-1-1?

2-1-1 is a confidential, toll-free help hotline for anyone in Hawaii in need of help. With 2-1-1, you can easily find information and referrals on everything from crisis intervention and counseling to job training, educational programs and child care.



WHERE TO GET YOUR FLU SHOT

Moanalua/Salt Lake Locations

Mon-Fri: 10am-7pm Sat: 9am-6pm Sun: Closed Ph: 526-6102	Costco Pharmacy Iwilei 525 Alakawa Street	<ul style="list-style-type: none"> • No appointment required • Most insurances accepted • No prescription required • For 18 years and older
24 Hours Ph: 833-2594	Longs Drugs Salt Lake 848 Ala Liliko'i Street	<ul style="list-style-type: none"> • No appointment required • Call for availability, insurance coverage, and cost • Most insurances accepted • No prescription required • For 18 years and older
Mon-Fri: 8:30am-7pm Sat: 8:30am-5pm Sun: 9am-5pm Ph: 483-3071	Times Pharmacy Aiea 99-115 Aiea Heights Drive	<ul style="list-style-type: none"> • Call for availability, insurance coverage and cost • Most insurances accepted • Must bring photo ID and insurance card • Age 18 years and older-no prescription required • Age 14-17 year olds must have prescription and be accompanied by parent or guardian
Mon-Fri: 9am-7pm Sat: 9am-5pm Sun: 11am-5pm Closed for lunch: 1:30pm-2pm Ph: 441-3119	Target Honolulu 4380 Lawehana Street	<ul style="list-style-type: none"> • No appointment required • No prescription required • Most insurances accepted • For 18 years and older



AFFIRMATIVE CONSENT TASK FORCE

On July 10, 2015 Governor Ige signed SB387 SD2 HD3 CD1 (Act 222) into law. Act 222 establishes an affirmative consent task force to review and make recommendations on the University of Hawaii's executive policy on domestic violence, dating violence, sexual assault and stalking.

Members of the Women's Legislative Caucus are pictured above with Governor Ige at the bill signing ceremony.

Community Meeting Schedule

Moanalua Gardens Community Association

- 7:00pm Tuesday, November 3, 2015 at
Moanalua Middle School

Moanalua Valley Community Association

- 6:30pm Wednesday, November 11, 2015 at
99 Ranch Market

Neighborhood Board # 18 –

Salt Lake/Aliamanu/Foster Village

- 7:00pm Thursday, November 12, 2015 at
Oahu Veterans Center