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UPDATING YOU AT DISTRICT 22

COVID-19

ALOHA,

The Hawaii Department of Health has confirmed COVID-19 has reached Hawaii. Panic will cause more harm; preparation will minimize it. We hope this pamphlet will keep you informed.

SYMPTOMS OF COVID-19

COVID-19 is a respiratory disease which has flu-like symptoms including:



FEVER



SEVERE
ILLNESS



COUGH



DIFFICULTY
BREATHING

HOW DOES IT SPREAD? CAN WE ALL CATCH IT?

COVID-19 spreads through droplets of bodily fluid, such as spittle residue from coughing and sneezing. These droplets can be transferred to your hands or other surfaces.

Who is the most at risk?

COVID-19 is the most dangerous for seniors, children, and to those who have weak immune systems. Be prepared to do your part to protect our community's most vulnerable!

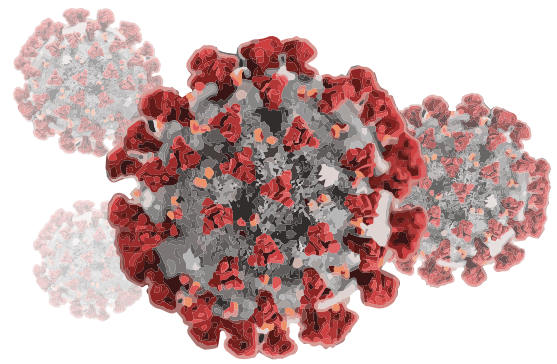
How to protect your community?

- Avoid close contact with people who are sick and avoid crowds.
- Remember, we do not know for sure how long you can be a carrier for before your symptoms manifest. It is better to be cautious and quarantine yourself if you or a family member fall ill to protect our community's vulnerable seniors.
- Employers and schools should prepare to accommodate individuals who need to quarantine themselves. Plan for and create methods to allow students and employees to work from home.

How is the State preparing to help you?

The State is bolstering our hospitals and developing quarantine procedures to protect standard patients from those with COVID-19. Be prepared to do your part!

If you want to view our monthly newsletters, visit us at www.capitol.hawaii.gov



PERSONAL HEALTHY HABITS TO HELP PREVENT THE SPREAD

- Wash your hands often with soap and water for at least 20 seconds.

A way to remember this is to hum the chorus of your favorite song, like Frank Sinatra's "Nice and Easy".



- Avoid touching your eyes, nose and mouth.
- Always cover your cough with a tissue or disposable napkin. COVID-19 spreads through droplets, so if you catch your cough in your hand, wash thoroughly with soap and water.
- Frequently clean and disinfect touched objects and surfaces using regular household cleaning sprays or wipes. Door handles, light switches, phones, keyboards and handles found in restrooms should be cleaned regularly.
- Face masks will not protect you. They will, however, help to protect others from you if you are sick.

HOW TO PREPARE

- Prepare a kit for your family and pets. Stock up with a 14-day supply of food, water, daily medications, and other necessities. Make sure to have a copy of your prescriptions. For more information, visit health.hawaii.gov/prepare/protect-your-family.
- Consider talking to your employer about strategies for preventing the spread of illness at work (e.g., telecommuting, online meetings).
- If you can, get the flu shot. People with seasonal influenza will show similar symptoms to COVID-19. The more people protected against influenza, the more resources our healthcare system can direct toward treating COVID-19.

For more information or questions about COVID-19 call 2-1-1 from any location in the State, or visit health.hawaii.gov/covid19 or coronavirus.gov

For updates from the State, visit <https://health.hawaii.gov/news/covid-19-updates/>

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