COVID-19

WHAT YOU NEED TO KNOW

What are the symptoms of COVID-19?

- FEVER
- COUGH
- DIFFICULTY BREATHING
- SEVERE ILLNESS

How is COVID-19 spread?

- Coughing & sneezing
- Close personal contact, such as touching or shaking hands
- Touching a contaminated object or surface & then touching your face

How can I protect myself and our community?

- GREET OTHERS WITH A SHAKA instead of a handshake, hug, or kiss
- WASH YOUR HANDS OFTEN & after touching public surfaces
- WASH HANDS WITH SOAP & WATER FOR 20+ SECONDS or use hand sanitizer with over 60% alcohol
- AVOID TOUCHING YOUR FACE, especially with unwashed hands
- GET YOUR FLU SHOT
- IF YOU ARE SICK, STAY HOME & avoid contact with others
- CALL YOUR DOCTOR if you have symptoms & think you have been exposed to the virus
- COVER YOUR MOUTH & NOSE with a tissue or your sleeve when coughing or sneezing, & throw tissue in the trash
- AVOID GROUP SETTINGS AS MUCH AS POSSIBLE especially if you are age 60+ or have underlying health conditions

FOR MORE INFO ABOUT COVID-19

CALL 2-1-1
TEXT 877-275-6569
CHAT www.auw211.org
EMAIL info211@auw.org

health.hawaii.gov/covid19

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