



# COVID-19

## KA 'OIHANA OLAKINO O HAWAI'I

### KA 'ŌLELO A'Ō NO KA PO'E HUI KINO ME KE KANAKA MA'I COVID-19

Penei nā 'ano o ka hui kino 'ana:

- Ka noho pū 'ana ma ka hale ho'okahi me ke kanaka ma'i COVID-19
- Ka launa 'ana me ke kanaka ma'i COVID-19 ma kahi kokoke o 6 kapua'i no 15 mau minuke a 'oi paha i loko o nā hola 24
- Ka mālama 'ana i ke kanaka ma'i COVID-19
- Ka pili loa me ka hā'ae o ke kanaka ma'i COVID-19 ('o ia ho'i, ke kunu 'ia ma luna ou, ka honi 'ana, a pēlā aku)

**E ho'oka'a'ike me kou kauka<sup>¶</sup> no ka hana 'ana i ka hō'ike hō'oiā ma'i COVID-19:**

- O ka hopena hō'oiā: He **loa'a 'i'o nō** i ka ma'i COVID-19 a 'a'ole he "hoa hui kino" wale nō  
E noho ho'omalū ma ka hale no 10 mau lā a e nānā iho no nā hō'ailona ma'i
- 'O ka hopena hō'ole 'ia: 'A'ole i loa'a i ka ma'i COVID-19 ma ka manawa o ka hō'ike  
Mali'a paha e loa'a ana i ka ma'i COVID-19  
Pono e noho ho'omalū no ka manawa i hō'ike 'ia ma lalo nei

**E noho (ho'omalū) ma ka hale**

- **Nā hoa nohona loa'a 'ole i nā hō'ailona ma'i (e noho pū ana ma ka hale ho'okahi; e pili mau ana me ke kanaka ma'i COVID-19):** E noho ho'omalū ma ka hale no 10 mau lā<sup>§</sup> ma hope o ka ho'oku'u 'ia 'ana o ke kanaka ma'i COVID-19 mai kona wā ho'oka'awale.
- **Nā hoapili loa'a 'ole i nā hō'ailona ma'i (e noho 'ole ana ma ka hale o ke kanaka ma'i COVID-19):** E noho ho'omalū ma ka hale no 10 mau lā<sup>§</sup> ma hope o kou manawa hope i pili ai me ke kanaka ma'i COVID-19. 'A'ole pono kou 'ohana/hoa nohona e noho ho'omalū ma ka hale, ke 'ole 'oe e loa'a 'i'o ka hopena hō'oiā ma'i a ke 'ole lākou ma'i.

**No nā hoa nohona a me nā hoapili, i loko nō o kou wā ho'omalū:**

- 'O kou lapa'au 'ia **WALE NŌ** ka manawa i hiki ai iā 'oe ke ha'alele i ka hale (e kāhea mua i kou kauka<sup>¶</sup> e ha'i aku iā ia no kou hui kino 'ana me ke kanaka ma'i COVID-19). 'A'ole loa e holo ma nā alakau lehulehu, nā ka'a kau pū, a me nā ka'a 'ōhua.
- E hō'ole i nā hoa kipa
- E ho'omalū 'oe ma kahi ka'awale o ka hale mai ka 'ohana, e aho kou noho ho'okahi 'ana ma ka lumi moe nou pono'i.
- Inā pono kou hui kino 'ana me ka 'ohana i loko o kou hale, e komo i ka pale ihu a he 6 kapua'i ke koana ka'awale.
- E nānā pono i kou olakino i kēlā me kēia lā no nā hō'ailona COVID-19 ('o ia ho'i, ka piwa, ke kunu, ka ikiiki, ke po'o 'eha, ka pu'u 'eha, ka nalo 'ana o ka lonoa alelo a ihu, ka pailua, ka lua'i, ka palahī, ka māluhiluhi, ke kino 'eha, a pēlā aku).
- **Inā hō'ike 'ia nā hō'ailona o COVID-19, e kāhea aku i kou kauka ma'amau<sup>¶</sup> a e ha'i aku iā ia i kou hui kino 'ana me kekahi kanaka ma'i COVID-19 a me kou loa'a 'ana i nā hō'ailona ma'i hou.**
- E kāohi i ka laha 'ana o nā mūhune
- 'A'ole e ka'ana like i nā mea pilikino (e like me nā pā, nā kāwele, nā uhi moe, a pēlā aku)
  - E holo i nā mea a pau i ho'opā nui 'ia ('o ia ho'i nā pākaukau, nā pōheo puka, nā 'au, nā kelepona, nā papa pihi, nā kī wai, a pēlā aku)
  - E holo pinepine 'ia nā lima me ke kopa a me ka wai no 20 kekona a i 'ole me ke kopa malo'o he 60% 'alekohola a 'oi ko loko
  - E holo lima ma hope pono o ka wehe 'ana i nā mikilima a ma hope o ka hui kino 'ana me ka po'e ma'i 'A'ole e ho'opā 'ia ka maka, ka waha, a me ka ihu me nā lima ma'ema'e 'ole

<sup>¶</sup>Inā 'a'ohē ou kauka, a he mau nīnau paha kāu, e kipa iā <https://www.auw211.org/> a i 'ole e kelepona aku iā 211

<sup>§</sup>Mau nō ka pono o ka noho ho'omalū 14 lā no nā wahi ho'ākoakoa ('o ia ho'i nā wahi mālama hikiāloa, nā home mālama pū'ulu, nā wahi kāko'o nohona, nā hale pa'ahao, nā wahi ho'omalū, nā hale ho'ōla a lapa'au, nā hale pū'ali koa, a pēlā aku).