



# COVID-19

## HAWAI'I STATE DEPARTMENT OF HEALTH

### KA HOOMAOPOPO ANA ME KE KUKA ANA ME KA POE I PILI MAI ME OE MAHOPE O KOU HUI ANA ME KA POE MA'I

O ka **poe i pili aku me ka mea ma'i**, oia ka poe i kokoke aku i ka poe ma'i i ke COVID-19, ina i hou kui ia paha oia a aole paha.

E malama pono he 10 mau la ka loihi, a e hana e like me [Ke Kuhikuhi ana no ka Noho Kaawale ana me ka Hui ana me ka Mea Ma'i](#). Manao ia he mea pili aku ke kanaka ke komo oia, a i ole ka hoa i hui mai, i ka pale waha a aole paha.

#### Ka Hoakaka ana

He nui no ka mea e hiki ai ke loaa ke kanaka i ke COVID-19: aia i ka loihi o ka hui pu ana, ka mamao mai ka mea ma'i i ke COVID-19 i hui mai, kahi i hui ai (ina maloko o ka hale, a mawaho paha), ina i hou kui ia na kanaka mamua o ka loaa ana i ke COVID-19, a ina i komo ia ka mea e pale ai (ka pale waha paha, a pela aku no).

Ke komo pono ia ka pale waha i na wa a pau, hiki no i na kanaka ke hoalo aku i ka loaa i ka ma'i COVID-19.

#### E Palapala i na Inoa o ka Poe i Pili mai ma ka Papa Helu

- O wai ka poe noho me oe?
- Me wai oe i hui ai mawaena o ka poe o loko o kou ohana nui?
- Ua hele oe i ka hana a i ole i ke kula?
- Ua hui no oe me na poe e ae i keia mau la hope nei?
  - Ua paina/inu pu oe me kekahi poe ma ka hale aina, hale inu, hale hulahula paha, a i ole kekahi ano hale e hui ai me na kanaka e ae?
  - Ua hooikaika kino oe me kekahi poe, a i ole ua hele oe i ka hale hooikaika kino?
  - Ua hookipa oe i ka ohana a i ole ka hoaloha ma kou home a i ole ua hele oe i ka hale o kekahi pili ohana a poe hoaloha paha ma ko lakou hale?
  - Ua hele oe i kekahi paina a kekahi aha paha e hui ai me na hoaloha a i ole na hoa hana?
- Ua hele no oe i ka halawai e hui kino ai me kekahi poe (ka hale oki lauoho, ka hui kauka, hui kauka niho paha)?
- Ua kau oe maluna o ke kaa me kekahi poe a kau paha maluna o ke kaa lawe ohua no ka lehulehu?
- Ua hele oe i ka halawai pule a i ole kekahi aha ma ka hale pule?

#### E Hoomaopopo Oe no Kou Pili aku me Kekahi Poe i Manao ia ua Loaa Oia i ka Ma'i COVID-19

Hiki no ia oe ke kelepona, leka kelepona, hoouna olelo, a i ole leka uila paha i ka poe au i hui ai. E kuka no oe me lakou. Ke makemake oe, e hoohana i keia papa hana [Tell Your Contacts](#) (E Ha'i i ka Poe Au) i Hui ai no ka hoouna malu aku i ka leka uila a i ole ka leka kelepona i ka poe au i hui ai.

#### Ka Mea e Olelo ai i ka Poe i Pili mai ia Oe

*"Aloha no kaua. He pono no au e kuka me oe no kekahi mea nui. Ua kaawale no oe no ke kuka pu, o kaua wale no? Ua hana wau i ka hoike COVID-19 ma ka (la) a ua hoike ia ua loaa no wau i ka ma'i. Ua hui no kaua ma ka (la), a ua makemake au e hoike aku ia oe i hiki ai ia oe ke hele e hana i ka hoike e pale ai i kou ohana a me na kanaka e ae. Ina i hou kui ia oe a aole paha, e noho kaawale no paha oe mai na kanaka e ae ke loaa oe i ke COVID-19. E aho e noho kaawale oe ke ma'i oe a manao oe ua loaa oe i ke COVID-19 me ka loaa ole no nae o ka haina o ka hoike. E noho no ma ka home 5 la paha ka loihi, e komo i ka pale waha paa pono he 10 mau la ka loihi ke hui aku oe me kekahi poe, e makaala i na hoailona ma'i, a e hele e hana i ka hoike he 5 la mahope o ka hui ana me ka mea ma'i. Ke loaa ka ninau ia oe, loaa na haina no na ninau pinepine loa ma kēia paena punaewe o ka [Oihana Ola](#) o Hawaii Mokuaina a me ka hoomaopopo ana e pono ai."*