COVID-19

WHAT YOU NEED TO KNOW

What are the symptoms of COVID-19?

- FEVER
- COUGH
- DIFFICULTY BREATHING
- SEVERE ILLNESS
- LOSS OF TASTE OR SMELL

How is COVID-19 spread?

- Breathing in air when close to an infected person who is exhaling small droplets that contain the virus.
- Having these droplets land on the eyes, nose, or mouth, especially through splashes and sprays like a cough or sneeze.
- Touching eyes, nose, or mouth with hands that have the virus on them.

COVID-19 Vaccine Information

- Stay up to date with your COVID-19 vaccines.
- COVID-19 vaccines are free and widely accessible.
- Everyone aged 6 months and older should get a COVID-19 vaccination as soon as possible.
- COVID-19 vaccines significantly reduce the likelihood of hospitalization and death, getting infected, and becoming severely ill.

How can I protect myself and our community?

Everyone in our community

- Stay up to date with your COVID-19 vaccines.
- Get tested if you are experiencing symptoms.
- Stay home when you are sick.
- Wear your mask.
- Wash your hands often with soap and water for at least 20 seconds. If running water is not available, use an alcohol-based hand sanitizer.

How to care for yourself if you are sick at home

- Isolate for at least 5 days after your symptoms first appear or after you test positive (whichever comes first).
- Rest and stay hydrated.
- Stay in a separate room or area and use a separate bathroom.
- If you must be around others, wear a mask.
- Do not share household items.
- Seek medical care if symptoms worsen.

For more information about COVID-19 visit hawaiicovid19.com

You can reach the Hawai‘i State Department of Health at (808) 586-8332 if you have additional questions.

Updated June 21, 2022