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

- COVID-19 vaccines are free and widely accessible.
- Everyone aged 5 years and older should get a COVID-19 vaccination as soon as possible.
- COVID-19 vaccines are effective at protecting people from getting infected, becoming severely ill, and significantly reducing the likelihood of hospitalization and death.

How can I protect myself and our community?

Everyone in our community

- Get vaccinated and get your booster!
- Practice physical distancing.
- Wear your mask.
- Stay home when you are sick.
- Wash your hands often with soap and water for at least 20 seconds. If 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 you test positive.
- 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 https://hawaiicovid19.com/

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

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