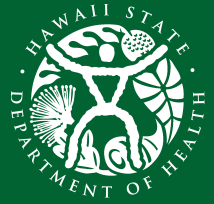


# COVID-19



## WHAT YOU NEED TO KNOW

### What are the symptoms of COVID-19?



FEVER



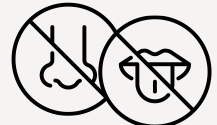
COUGH



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 [hawaiiicovid19.com](https://hawaiiicovid19.com)*

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



Updated June 21, 2022