

# Coronavirus Disease 2019 (COVID-19) Frequently Asked Questions



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*Acronyms and abbreviations used in this document:*

- **2019-nCoV:** 2019 Novel Coronavirus
- **CDC:** US Centers for Disease Control & Prevention
- **COVID-19:** Coronavirus Disease 2019
- **FDA:** US Food & Drug Administration
- **HI-EMA:** Hawaii Emergency Management Agency
- **HDOH:** State of Hawaii Department of Health
- **MERS:** Middle East Respiratory Syndrome
- **SARS:** Severe Acute Respiratory Syndrome
- **SARS-CoV-2:** Severe Acute Respiratory Syndrome Coronavirus 2
- **WHO:** World Health Organization

*This document provides reliable and up-to-date information to the general public during the continuing COVID-19 global pandemic. Key messages are the importance of preventive measures, such as*

- *practicing **social distancing** during the COVID-19 pandemic*
- ***frequent hand-washing***
- ***wearing cloth face coverings (“masks”) when out in public***
- ***avoiding touching your face with dirty hands***
- ***staying home when you are sick***
  - *Do not go to work, school, and other activities if you are feeling ill.*

*Symptoms of COVID-19 include fever, cough, and shortness of breath or trouble breathing, as well as chills, muscle pain, sore throat, new loss of taste or smell, and others.*

## **OVERVIEW**

### **What is COVID-19?**

COVID-19 is a new respiratory virus that was first identified in the central Chinese city of Wuhan, in Hubei Province, in December 2019. It has since spread across China and around the world, with major outbreaks occurring in Asia, Europe, and the United States. On January 30, 2020, the WHO declared a Public Health Emergency of International Concern and on March 11 declared a pandemic (global outbreak of a disease). The most updated numbers can be found at the HDOH website: [health.hawaii.gov/covid19](https://health.hawaii.gov/covid19).

HDOH is urging all residents to help prevent the spread of COVID-19 in our communities. You can learn what to do by visiting the HDOH website at: [health.hawaii.gov/coronavirusdisease2019/what-you-can-do/how-to-prevent-the-spread-of-covid-19](https://health.hawaii.gov/coronavirusdisease2019/what-you-can-do/how-to-prevent-the-spread-of-covid-19).

## How does COVID-19 spread?

We are still learning how COVID-19 spreads. Although SARS-CoV-2 (the virus that causes COVID-19) likely came from an animal source, it is now primarily spread from person-to-person. Some viruses are very contagious (like measles), while other viruses are less so. Most coronaviruses (including the common cold) spread is through the tiny droplets produced when an infected person coughs or sneezes and it appears COVID-19 is spread the same way.

At this time, our best research shows that COVID-19 is spread in the following ways:

- Information from the ongoing COVID-19 pandemic suggest that this virus is spreading more efficiently than influenza, but not as efficiently as measles, which is highly contagious.
- It spreads between people who are in close contact with one another (within 6 feet).
- The virus travels through respiratory droplets produced when an infected person coughs, sneezes, or talks.
- These droplets can land in the mouth or nose of someone nearby or possibly inhaled into the lungs.
- COVID-19 may spread like this even if the infected person is not showing symptoms and does not know they are infected.
- There is evidence that a person can get COVID-19 by touching a surface or object that has the virus on it and then touching their own mouth, nose or possibly eyes; however, this is not thought to be a main way the virus spreads, but we are still learning.
- Mother-to-child transmission during pregnancy is unlikely, but after birth a newborn is susceptible to person-to-person spread. (Please see **I am currently pregnant** and **Can I breastfeed my baby?** in a later section to see how pregnant and breastfeeding mothers can protect their child.)

You can learn more about how COVID-19 spreads at the following website:

[www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/how-covid-spreads.html](http://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/how-covid-spreads.html).

## Can someone spread COVID-19 if they have no symptoms?

Although the virus is usually spread from infected people who have symptoms of COVID-19 (“symptomatic”), there is evidence that people infected with the virus who have no symptoms (“asymptomatic”) or who are not yet showing symptoms (“pre-symptomatic”) may also be able to spread the virus to other people. This is why it is important for people to wear face coverings in public or in close proximity to other people even if they think they are not infected.

## SYMPTOMS AND TREATMENT

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

Patients with COVID-19 have reported mild symptoms to severe illness, usually 2 to 14 days after exposure. If you have these symptoms, contact your healthcare provider:

- Fever or chills

- Cough
- Shortness of breath or trouble breathing
- Muscle or body aches
- Fatigue
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

Some patients may not report fever, especially the very young, elderly, immunosuppressed, and people taking certain fever-lowering medications. Most people have mild illness and are able to recover at home.

The above list does not include all possible symptoms. This list will be updated as CDC and other researchers learn more.

### **Are there emergency signs of COVID-19? What should I do if I have them?**

People who have COVID-19 or think they have COVID-19 should watch for emergency warning signs and seek emergency medical care immediately, by calling 911 or calling ahead to their local emergency facility (and notifying the operator that they are seeking care for someone who has or may have COVID-19). These emergency warning signs include the following:

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion
- Inability to wake or stay awake
- Bluish lips or face

### **How long does it take for symptoms to appear?**

CDC believes the symptoms of COVID-19 may appear as early as 2 days after exposure and as long as 14 days after exposure.

### **Are there complications from COVID-19?**

Many patients with COVID-19 have developed pneumonia in both lungs. In a small percentage of cases, death has occurred.

### **Should I be tested for COVID-19 infection?**

You should call ahead to a healthcare provider and mention recent travel or close contact if both of the following are true:

- You have traveled to an area with widespread sustained community transmission or you have had close contact with an infected person in the past two weeks.
- You have symptoms of respiratory illness (such as cough or shortness of breath).

If these are both true, the healthcare provider will work with the Hawaii Department of Health (HDOH) to determine if you need to be tested.

People at higher risk for severe disease (older people, those with chronic medical conditions and immunosuppression) should also be prioritized for testing. They should contact a healthcare provider who can help determine whether they should be tested for COVID-19. You can also check out the CDC's "Coronavirus Self-Checker" to see if you should contact a healthcare provider: [www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html](http://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html).

People who have traveled to areas that have community spread of COVID-19, which includes much of the US Mainland as well as other countries, should do the following:

- Monitor their health for 14 days after leaving those areas.
- Call their healthcare provider for guidance and tell them about their symptoms and travel history if they develop a fever or cough.

You can find a list of countries with widespread sustained community transmission of COVID-19 at [www.cdc.gov/coronavirus/2019-ncov/travelers](http://www.cdc.gov/coronavirus/2019-ncov/travelers).

### **Who is at greatest risk for severe illness from COVID-19?**

Based on what is known at this time, those at higher risk include older adults and anyone with underlying health conditions, although people of all ages and healthy people are also at risk.

Those in the following groups are most vulnerable to severe illness from COVID-19:

- Older adults
  - Risk goes up with age, although all ages have some risk.
  - The greatest risk for severe illness is among those aged 85 and older.
- People of any age with these conditions:
  - Chronic kidney disease
  - COPD (chronic obstructive pulmonary disease)
  - Weakened immune system (immunocompromised) from organ transplant
  - Obesity (body mass index [BMI] of 30 or higher)
  - Serious heart conditions (e.g., heart failure, coronary artery disease, or cardiomyopathies)
  - Sickle cell disease
  - Type-2 diabetes mellitus (formerly known as adult-onset diabetes)

### **What other conditions can make you vulnerable for severe illness from COVID-19?**

There is limited data and information that other conditions may put people at *increased risk* for severe illness from COVID-19, including children. These include the following:

- Asthma (moderate to severe)
- Cerebrovascular disease (affecting blood vessels and blood supply to the brain)
- Hypertension or high blood pressure

- Weakened immune system (immunocompromised) from blood or bone marrow transplant, immune deficiencies, HIV, use of corticosteroids, or use of other immune weakening medicines
- Neurologic conditions such as dementia
- Liver disease
- Pregnancy
- Pulmonary fibrosis (having damaged or scarred lung tissues)
- Smoking
- Thalassemia
- Type-1 diabetes mellitus

People with underlying medical conditions are advised to keep their healthcare appointments, practice preventive measures (e.g., social distancing, frequent hand-washing, wearing face coverings, etc.), and make sure to have at least a 30-day supply of prescription and non-prescription medicines.

#### **Are children affected by COVID-19 in any unique way?**

Although children are generally at much lower risk than older adults, there have been reports of a rare but serious condition associated with children called Multisystem Inflammatory Syndrome in Children (MIS-C). It can begin weeks after a child is infected with the virus causing COVID-19, even in children who had not shown symptoms of COVID-19.

MIS-C has been described as inflammation across multiple body systems, potentially including the heart, lungs, kidneys, brain, skin, eyes, and gastrointestinal organs. Symptoms can include abdominal pain, vomiting, diarrhea, neck pain, rash, conjunctivitis, and fatigue.

You can learn more about MIS-C at the following CDC page:

[emergency.cdc.gov/han/2020/han00432.asp](https://www.emergency.cdc.gov/han/2020/han00432.asp).

#### **Are some ethnicities more likely to get coronavirus than others?**

No, viruses cannot target people from specific populations, ethnicities, or racial backgrounds. People who have not been in contact with a person who is a confirmed or suspected case are not at greater risk of acquiring and spreading this new virus than others. In particular, people of Chinese or other East Asian descent are not more likely to get or spread the coronavirus.

#### **What is the test for SARS-CoV-2 or COVID-19? Can any laboratory in Hawaii test for it?**

SARS-CoV-2 (the virus that causes COVID-19) is detected through laboratory testing of respiratory specimens and serum (blood). A viral test is looking for genetic material of the virus, which will be in your respiratory samples if you are currently infected. An antibody test (see below) looks for antibodies.

Healthcare providers who think their patients may have COVID-19 can work with HDOH to have their specimens tested. Testing can be performed at the Hawaii State Laboratories Division, at CDC in Atlanta, Georgia, and at some commercial labs.

### **What is an antibody test?**

An antibody test (also referred to as a serology test or serologic test) is a blood test that can see if you have antibodies against a microorganism, such as the virus that causes COVID-19. (Antibodies are specific proteins your body makes in response to infections.)

These are things you should know about antibody tests:

- An antibody test *might* determine if you have been exposed to that particular microorganism.
- An antibody test should not be used to find out if you have a current infection because it can take 1 to 3 weeks after infection to make antibodies.
- CDC does not know yet if having antibodies to the virus can protect someone from getting infected with the virus again or how long that protection might last.

You can read more about antibody testing here: [www.cdc.gov/coronavirus/2019-ncov/php/testing.html](https://www.cdc.gov/coronavirus/2019-ncov/php/testing.html).

### **I took a serological (blood) test that says I have antibodies for the virus that causes COVID-19. Does that mean I can stop quarantining or social distancing?**

No, if you have been ordered to quarantine, you must abide by the rules of your quarantine until the Department of Health tells you that you can stop.

Serologic testing for COVID-19 is in its early stages and it is not clear if the presence of antibodies found in these tests find accurately indicates immunity against COVID-19.

### **How is COVID-19 treated?**

There are no specific antiviral treatments proven effective for COVID-19 at this time, although remdesivir has shown some promise. Most people have mild illness and are able to recover at home; they may receive supportive care to help relieve symptoms. In severe cases, however, treatment should include care to support vital organ functions.

### **How long is a person with COVID-19 infection contagious? When can I be around others?**

At this time, CDC and others are studying available data to better understand this. Very likely, as with other coronaviruses, a person is infectious as long as they are ill. However, we continue to monitor the situation to update the information.

Generally, you can be around others in the following situations:

- You can be around others after you receive two negative test results in a row, at least 24 hours apart from each other.
- If you think or know you had COVID-19 and you had symptoms, then after all of the following:
  - 3 days with no fever

- Symptoms improved
- 10 days since symptoms first appeared
- If you tested positive for COVID-19 but had no symptoms:
  - 10 days after your test *if you continue to have no symptoms*
  - If you develop symptoms after testing positive, follow the guidance above for **If you think or know you had COVID-19, and you had symptoms**

## **SITUATION IN HAWAII AND THE UNITED STATES**

### **Are there any cases of COVID-19 in Hawaii? Have there been any deaths from COVID-19?**

Yes. The latest numbers can be found at the HDOH website:

[health.hawaii.gov/coronavirusdisease2019](https://health.hawaii.gov/coronavirusdisease2019).

### **Am I at risk for COVID-19 in the United States?**

This is a rapidly changing situation and the risk assessment may change daily. Millions of people are confirmed to have been infected across the country, with nearly 150,000 deaths associated with COVID-19. Even with stay-at-home orders having been in place across much of the United States since March, CDC expects many more cases to be identified in the coming months. The latest updates are available at CDC's [COVID-19 website](https://www.cdc.gov/coronavirus/2019-ncov/) and [HDOH's COVID-19 website](https://www.hawaii.gov/hdoh/coronavirus/).

For the general public who has not encountered someone with COVID-19, the immediate risk to their health from COVID-19 is considered low if they take preventive measures and practice social distancing, but as the outbreak continues, that risk can increase.

The following people are at *increased* risk:

- People in places where ongoing community spread is reported are at elevated risk of exposure.
- People who have traveled to places with ongoing community spread.
- Healthcare workers caring for people with COVID-19.
- Family members or close household contacts caring for people with COVID-19.
- Older adults and people with underlying medical conditions who may experience more severe illness if they become infected.

No matter what their risk is, everyone is advised to always practice “social distancing” to protect themselves and others (See **What is social distancing?** below). Public health authorities such as CDC and HDOH want everyone to be prepared for the likelihood that COVID-19 will continue to spread widely in the United States for months to come.

### **Is COVID-19 a danger in Hawaii?**

There have been over a thousand cases of COVID-19 in Hawaii, with two dozen deaths. So far, many cases have been travel-related or contacts of people who have traveled. CDC is notified of all cases and close contacts of the cases are identified and informed of their exposure, a

process called “contact tracing.” Federal, state, and local officials in Hawaii recognize the seriousness of the situation and work diligently with federal officials around the clock to prevent spread of COVID-19 within our state.

HDOH is urging all residents to prepare for the likelihood that COVID-19 will spread more widely in our communities. HDOH wants the public to know and practice important preventive measures, such as social distancing, use of cloth facial coverings when out in public or around other people, and frequent handwashing with soap and water for 20 seconds or with alcohol-based hand sanitizer (containing at least 60 percent alcohol), to prevent spread of COVID-19. A short HDOH video demonstrating proper hand-washing technique can be found at: [www.youtube.com/watch?v=W2r2iqbEM5s](http://www.youtube.com/watch?v=W2r2iqbEM5s).

Regardless of how widespread COVID-19 becomes in Hawaii, our access to certain resources could still be impacted by this outbreak. Hawaii residents should make sure they and their household are prepared with a family emergency kit that lasts *at least 14 days*, in case a family member is quarantined or if there is a shortage of certain goods, such as medicine and food, in the event of a continuing pandemic. However, residents are reminded that hoarding goods may adversely affect other members of our island community. You can learn more about preparing a family emergency kit at [health.hawaii.gov/prepare/protect-your-family](http://health.hawaii.gov/prepare/protect-your-family).

HDOH is continually updating information as the situation evolves and federal guidance changes. We urge everyone to learn about COVID-19 by staying informed with credible sources, such as [CDC's](https://www.cdc.gov) and [HDOH's](http://health.hawaii.gov) websites.

### **What happens if there is widespread person-to-person transmission in Hawaii or elsewhere in the United States?**

While proactively carrying out prevention measures may slow the spread of COVID-19, it is important to be prepared for the possibility that it will become widespread in Hawaii.

According to CDC, if there is widespread transmission of COVID-19 in a particular area, there would be large numbers of people needing medical care at the same time, overwhelming hospitals and healthcare providers and public health, with elevated rates of hospitalizations and deaths. Other critical infrastructure, such as law enforcement, emergency medical services, and the transportation industry may also be affected.

At this time, there is no vaccine to protect against COVID-19 and no medications approved to treat it, so in order to prevent or reduce person-to-person transmission, Hawaii and other states have issued stay-at-home orders asking people to shelter in place for at least several weeks. (See **What measures are being done to prevent widespread transmission?** below.)

**Does HDOH tell us where there is a confirmed case in Hawaii and where the case is located?**

HDOH informs the public whenever there are new confirmed cases. A map of the areas where there have been cases can be found at this HDOH site:

[health.hawaii.gov/coronavirusdisease2019/what-you-should-know/current-situation-in-hawaii](https://health.hawaii.gov/coronavirusdisease2019/what-you-should-know/current-situation-in-hawaii).

**Does HDOH release the names of confirmed cases, deaths, or persons under investigation?**

HDOH protects the privacy of persons and their households and does not release names or other information that could be used to identify a person infected with COVID-19, someone who has died, or someone under quarantine. HDOH may release information about the number of people infected based on county or ZIP code.

At the same time, those who may have been exposed have a right to know and to protect themselves. When HDOH identifies a potential case of COVID-19, a detailed investigation is performed that includes tracing and contacting all close contacts of that person during the time that they were infectious. Since the virus is spread by prolonged close contact, people who have briefly been in the same indoor environment or had brief interactions are not considered to be at risk for infection.

**If I have been identified as a close contact of someone has COVID-19, what should I do?**

People who have been identified as a close contact of a positive COVID-19 “case” should quarantine themselves at home and monitor themselves for symptoms, doing the following:

- Stay home or — when staying home is not possible — stay at least 6 feet from others until 14 days after their last exposure to a person with COVID-19.
  - If possible, stay at least 6 feet from other people and animals in your household.
  - If it is not possible to stay 6 feet from others — in your home or outside of the home — wear a cloth face covering.
  - Monitor yourself by checking your temperature twice daily and watching for symptoms of COVID-19.

**If I am working with COVID-19 patients or I know of someone who has COVID-19, what can I do to protect and help reduce stigma for that person?**

There are several things you can do to protect individuals and reduce stigma:

- Maintain privacy and confidentiality of those seeking healthcare and those who may be part of any contact investigation or other services (e.g., wraparound services) related to the COVID-19 outbreak.
- Raise awareness of COVID-19 while showing empathy for people’s concerns and fears.
- Counter myths and rumors by sharing accurate information about how the virus spreads.
- Speak out against negative behaviors, including negative statements on social media about groups of people, or exclusion of people who pose no risk from regular activities.
- Share with others the need for social support for people who have experienced stigma, who have returned from an area with ongoing spread, or who are worried about friends or relatives in affected areas.

### **When there are cases in Hawaii, how are they isolated? What are the procedures and protocols?**

HDOH coordinates closely with Hawaii’s healthcare facilities to ensure any clinic, hospital, or other healthcare setting is ready to care for a person infected or potentially infected with COVID-19 with appropriate isolation precautions. Cases not needing hospitalization will be subject to quarantine with close monitoring by public health and ready access to medical care.

### **What is self-monitoring?**

People with travel history to areas where there is widespread community transmission but who have no symptoms of COVID-19 may be asked to stay home or in their hotel room and self-monitor for 14 days and check themselves for symptoms of COVID-19 (sometimes called “self-quarantine”). If they develop a fever, cough, or other symptoms of COVID-19, they should call their healthcare provider for guidance and tell them about their symptoms and travel history. Go to this website for a list of areas with widespread community transmission and information about travel during COVID-19: [www.cdc.gov/coronavirus/2019-ncov/travelers/index.html](http://www.cdc.gov/coronavirus/2019-ncov/travelers/index.html).

### **What is HDOH doing to monitor the situation with COVID-19?**

#### *Vigilance and monitoring*

- HDOH is actively working to detect potential cases of COVID-19 as early as possible by monitoring its disease surveillance systems to identify persons that require investigation and testing and are reviewing internal protocols to ensure proper management of cases.
- HDOH is working with its federal airport partners (U.S. Customs and Border Protections and CDC’s Division of Global Migration and Quarantine) who are performing enhanced screening to identify travelers from countries with widespread transmission of COVID-19. Its disease investigation staff are actively monitoring these individuals with daily phone calls to record their temperature and confirm that they are avoiding contact with the public.
- HDOH is in constant communication with the CDC, public health partners in other jurisdictions, and local legislators and state officials to ensure Hawaii is aware of new developments in the COVID-19 outbreak.
- Over the past 15 years HDOH has been developing and refining its respiratory disease surveillance systems following CDC guidelines. This system includes sentinel influenza-like illness surveillance sites, virologic surveillance, pneumonia and influenza associated mortality, and cluster/outbreak investigations. HDOH is monitoring these systems on a daily basis looking for changes that might indicate the presence of COVID-19 clusters.

#### *Preparation and Prevention*

- HDOH is working with the medical community to issue Medical Advisories and Alerts and to ensure that hospitals and providers are following infection control recommendations and are prepared to detect and treat any patient with symptoms and travel history consistent with COVID-19.

- HDOH is communicating regularly with its local partners in the travel industry and schools to address their concerns and ensure the latest and most accurate guidance and information are being shared with their staff.

### **What are hospitals in Hawaii doing about COVID-19?**

HDOH is sharing with and updating infection control guidance to healthcare facilities to ensure hospitals and healthcare providers are prepared should they encounter a person potentially infected with COVID-19. Hospitals and healthcare providers, in turn, are reviewing their infection control policies and stepping up their ability to handle COVID-19 cases. Hospitals and HDOH are in regular communication with federal partners to ensure supplies of personal protective equipment for healthcare workers are adequate.

## **PREVENTION AND PROTECTION**

### **What measures are being done to prevent widespread transmission?**

Across the country, many large events that attract multiple people, including sporting events, entertainment, and even state primaries, have been canceled or postponed. Even as the country “reopens,” events that are encouraged to practice social distancing (i.e., having people at least six feet apart). In many areas, including Hawaii, school is being temporarily canceled.

In mid- and late March, Governor David Ige issued several directives and a [stay-at-home order](#) to promote social distancing and control COVID-19 in Hawaii. They include the following:

- [Quarantining all travelers arriving in Hawaii](#), including state residents, for 14 days. (See **Is Hawaii quarantining travelers to our state?** below for more information.)
- Having only essential workers go to their jobs, while others work from home if possible.
- Social gatherings are limited to 10 people or less (per CDC guidelines).
- Restaurants are closed except to provide food through drive-thru, take-out, or delivery.
- Theatres, entertainment centers, and visitor attractions will be closed.
- Residents are asked to avoid any non-essential travel.
- Services and activities at places of worship are suspended.
- Bars and clubs are closed.
- High-risk individuals are asked to stay home and take additional precautionary measures.
- People should not visit nursing homes, retirement facilities, or long-term care facilities.
- If someone in your household has tested positive for COVID-19, the entire household should stay home.
- Visitors are asked to postpone their vacations to Hawaii for the time being.

These measures may be in place for many weeks. To learn more, visit the Governor’s news page: [governor.hawaii.gov/category/newsroom](http://governor.hawaii.gov/category/newsroom).

**Are there plans to lift some of the restrictions to the stay-at-home order? What is the “safer-at-home” plan?**

The State of Hawaii has plans to safely reopen the economy when conditions allow. The guidelines and other information can be found at this website: [recoverynavigator.hawaii.gov](https://recoverynavigator.hawaii.gov). Reopening of businesses and resumption of activities are based on the businesses’ ability to keep both employees and customers safe and to continue following social distancing guidelines. They must implement physical distancing requirements such as capacity limits and ensuring 6 feet or more between individuals using floor markings and signage. They should also limit in-person work when possible, reduce the number of high-touch surfaces and objects, and communicate health and safety protocols to all employees, customers, and visitors.

Because of a low number of new cases, the government started phase 1 of reopening the state, beginning May 7. Under Phase 1, Governor Ige authorized the following businesses and operations to re-open statewide starting May 7, 2020:

- Agriculture (non-food), such as landscape, ornamental plant growers, and nurseries
- Auto dealerships
- Car washes
- Childcare services, licensed or authorized under the law
- Pet grooming services
- Observatories and support facilities
- Retail and repair services, such as apparel, florists, watch & surfboard repair
  - Note: retail does not re-open in City & County of Honolulu until May 15, and retail and most repair will not re-open in Maui County.
- Shopping malls, limited to retail and repair services
  - Note: shopping malls are not reopening in Maui County.

On May 28, Governor Ige approved county proposals to reopen some businesses and operations, with modifications and restrictions, as long as safety guidelines were followed that can ensure the safety of employees and customers:

**In Maui County**, most businesses and services can reopen, with modifications, starting **Monday, June 1**, including the following:

- Clubhouses
- Dog parks
- Playgrounds and skate parks
- All county parks and beach parks (individual park re-opening dates are subject to change)
- Select county pools

However, in Maui County the following businesses and services remain closed:

- Bars and nightclubs
- Theatres
- Public gathering venues

- Banquet halls
- County Community Centers
- County Gymnasiums

**On the Big Island** (Hawaii County), the following businesses/operations can reopen with modifications, starting **Monday, June 1**:

- Places of worship
- Personal services (salons, barber shops, beauty operators)
- Restaurants (including food courts)

However, in Hawaii County the following businesses and services remain closed:

- Bars and nightclubs

**In Kauai County**, the following are authorized to reopen the following businesses starting **Friday, May 22**:

- Public and private pools
- Places of worship
- Outdoor tour activities
- Salons and barbershops
- All cleaning and construction work
- One-on-one personal services (fitness, tutoring, music lessons)

### **Does Oahu (City & County of Honolulu) have special restrictions?**

Because of a rise in COVID-19 cases on Oahu, the City & County of Honolulu implemented new restrictions that go into effect on Saturday, April 8, 2020. They are referred to as the “Act With Care — Do Not Gather” order and are scheduled to remain in effect until September 4, 2020.

With this order, all individuals are required to stay at their place of residence, but may leave their residence for essential activities (e.g., shopping for food, seeking medical care, exercise, caring for a family member, etc.), essential governmental functions, or operating essential businesses or designated businesses. All such allowed activities must, to the extent possible, maintain social distancing requirements, including the six-foot physical distancing requirement for both employees and members of the public (both inside and outside the facility).

“Essential businesses” includes healthcare operations, grocery stores, farmers markets, food banks, food cultivation, news and media services, gas stations and auto supply and repair, banks and financial institutions, hardware stores, educational institutions, laundromats and dry cleaners, restaurants and other food preparation services (but only for delivery and carry-out), childcare facilities, home-based care for seniors, transportation providers, hotels and motels, funeral service providers, etc. The full list can be found [HERE](#) in Section II.F.

Among the regulations of the order:

- Honolulu City parks and State of Hawaii parks will be closed throughout Oahu, except to travel through to engage in and return from ocean activities such as surfing, solo paddling, and swimming, and to use comfort stations and showers.
- Outdoor sports fields, courts, open areas, and pools for individual or small group activities, must not operate.
- Fitness facilities (e.g., gyms, spas, yoga, etc.) may remain open but group classes (3 or more people) are prohibited.
- In-person spiritual services are allowed but must maintain 6 feet of physical distance between members, except those from the same household. Organizers and employees of spiritual services are encouraged to limit the number of people attending and to use face coverings (“masks”) if possible. Guidance for spiritual services can be found here: [www.cdc.gov/coronavirus/2019-ncov/community/organizations/index.html](http://www.cdc.gov/coronavirus/2019-ncov/community/organizations/index.html).
- Fishing is permitted with groups no larger than two people.
- Shooting and archery ranges may remain open.
- Outdoor and indoor social gatherings of up to 10 people (regardless of household) are allowed, but physical distancing of at least 6 feet must be maintained between people of different households. Face covering (“masks”) must be worn.
- All other public and private gatherings are prohibited. For more detail, see Section II at the URL below.
- Travel (on foot, by bicycle, scooter, motorcycle, car, or public transport) is prohibited except for essential activities or operating essential businesses of designated businesses.
- Face coverings (“masks”) must be worn while outdoors in public spaces when a physical distance of six feet from other people (outside one’s household) is not feasible. Exceptions are made for children under age 5 and individuals with medical conditions where wearing a face covering may pose a health or safety risk to the individual. For more details, see Section II of the URL below.
- Restaurants may provide seated table service dining under special restrictions that include social distancing requirements, outlined in section 12 at the URL below. Among these:
  - No groups more than 10 people are allowed.
  - 6 feet must be maintained between groups.
  - Customers must wear face coverings (“masks”) when entering and leaving the facility.
- Movie theatres, art galleries, and museums may operate with social distancing and wearing of face coverings, as well as other restrictions in the URL below.

The City & County “Act With Care — Do Not Gather” order can be found here: [www.honolulu.gov/rep/site/may/may\\_docs/EO\\_2020-23.pdf](http://www.honolulu.gov/rep/site/may/may_docs/EO_2020-23.pdf).

## How can I protect myself and my family?

The best way to prevent transmission of any respiratory illness (including flu) is to follow everyday preventive actions:

- Practice social distancing.
  - Keep at least six feet away from other people (about two arms' length), to keep droplets away from each other when speaking, coughing, or sneezing.
  - Avoid groups of more than a few people.
  - Limit close contact with others outside your household in both indoor and outdoor spaces.
- Get your flu shot. With current seasonal flu activity, it is likely there will be confusion as persons with flu will exhibit some of the same symptoms as COVID-19, such as fever and cough. We strongly recommend residents ages 6 months and older protect themselves against flu by receiving the seasonal flu vaccination.
- Wash your hands often with soap and water for at least 20 seconds, especially after going to the bathroom; before eating; and after blowing your nose, coughing, or sneezing.
- If soap and water are not readily available, use an alcohol-based hand sanitizer with at least 60% alcohol. Always wash hands with soap and water if hands are visibly dirty.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Avoid close contact with people who are sick.
- Stay home when you are sick.
- Cover your cough or sneeze with a tissue; then throw the tissue in the trash.
- Clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipe. You can learn more about safely and effectively cleaning and disinfecting your home at this CDC site: [www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/disinfecting-your-home.html](http://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/disinfecting-your-home.html).
- When out in public or around other people, wear a cloth facial covering. Disinfect objects you will touch, like the cart or gasoline pump, using a disinfectant wipe.
- Use online services instead of shopping in person when possible to avoid contact with other people.
- Follow directions by state and local authorities, as well as HDOH and CDC.

## What kind of alcohol is safe to have in hand sanitizer?

The only forms of alcohol that can be safely used in hand sanitizer are isopropyl alcohol and ethanol (also known as ethyl alcohol). Some hand sanitizers have been found to contain methanol which is dangerous if absorbed through the skin and deadly if ingested.

The FDA has warned that some alcohol-based hand sanitizers may have been contaminated with methanol during manufacture and have since been recalled. More information on this warning and the recall, as well as a list of affected products, can be found at this FDA website: [www.fda.gov/drugs/drug-safety-and-availability/fda-updates-hand-sanitizers-methanol](http://www.fda.gov/drugs/drug-safety-and-availability/fda-updates-hand-sanitizers-methanol).

### **Are there other safety concerns for alcohol-based hand sanitizers?**

Although alcohol-based hand sanitizers are safe when used as directed, FDA provides several warnings:

- Hand sanitizer should never be ingested by mouth. FDA urges consumers not to drink any of these products.
- Some hand sanitizers do not contain a sufficient amount of ethanol or isopropyl alcohol to be effective. CDC recommends consumers use an alcohol-based hand sanitizer that contains at least 60 percent ethanol.
- Beware of false or misleading claims (e.g., prolonged protection for up to 24 hours, or “FDA-approved”)
- Be careful about hand sanitizers packaged to appear as drinks, candy, or liquor bottles, as their appearance could result in accidental ingestion, particularly by children who may not understand the product’s label. Small children are particularly at risk with these products since ingesting only a small amount of hand sanitizer may be lethal in a small child.

### **Should I delay getting medical care because of COVID-19? How can I safely get medical care?**

No, you should not delay care that you need to manage medical conditions or to address new health issues. However, you should take precautions to avoid unnecessary contact:

- Talk to your doctor online, by phone, or through email when possible.
- If you must visit in person, protect yourself and others with preventive measures.
- If you need emergency medical care, seek it immediately.
- Make sure your children receive their vaccinations on time, so they continue to be protected from deadly vaccine-preventable diseases. Call your pediatrician’s office to learn about the safety protocols they have in place.
- If possible, use drive-thru windows or curbside services, mail-order, or other delivery services to receive your medication.

### **I am currently pregnant. What should I be aware of regarding COVID-19?**

Based on what is known at this time, pregnant people might be at an increased risk for severe illness from COVID-19 compared to non-pregnant people. Additionally, there may be an increased risk of adverse pregnancy outcomes, such as preterm birth, among pregnant people with COVID-19.

Therefore, if you are pregnant, be careful to protect yourself and help reduce the spread of the virus that causes COVID-19 by doing the following:

- Limiting your interactions with other people as much as possible
- Taking precautions to prevent getting COVID-19 when you interact with others such as:
  - Avoiding people who are sick or who have been exposed to the virus
  - Frequent handwashing (especially if your hands are dirty or after touching other people, including children, and after touching surfaces outside your home or items you brought into your home)
  - Cleaning and disinfecting frequently touched surfaces

If you start feeling sick and think you may have COVID-19, call your healthcare provider.

You can find out more about how pregnant women can protect themselves and their child from COVID-19 at the following CDC site: [www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/pregnancy-breastfeeding.html](http://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/pregnancy-breastfeeding.html).

### **I have COVID-19. Can I breastfeed my baby?**

You and your family should consult with your healthcare provider about whether to start or continue breastfeeding. Breastmilk provides protection against many illnesses and is the best source of nutrition for most infants. It is not known if mothers with COVID-19 can spread the virus to their babies in their breast milk, but limited data currently available suggests this is not likely.

If you have COVID-19 and choose to breastfeed, take precautions to avoid spreading the virus to your infant:

- Wash your hands before each feeding
- Wear a cloth face covering while breastfeeding.

If you have COVID-19 and choose to express your breast milk:

- Use a dedicated breast pump
- Wear a cloth face covering during expression
- Wash your hands before touching any pump or bottle parts and before expressing breast milk
- Follow recommendations for proper pump cleaning after each use
- If possible, expressed breast milk should be fed to your baby by a healthy caregiver who does not have COVID-19, is not at high-risk for severe illness from COVID-19, and is living in the same home.

You can find out more about how breastfeeding women can protect themselves and their child from COVID-19 at the following CDC site: [www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/pregnancy-breastfeeding.html](http://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/pregnancy-breastfeeding.html).

### **Is there a vaccine for SARS-CoV-2 / COVID-19?**

There is currently no vaccine to protect against this virus. Public health authorities are working to develop one, but it could be many months before it is widely available, if ever. At this time, the only way to prevent infection is to practice preventive measures such as social distancing and frequent handwashing.

### **Does the flu shot provide any protection against COVID-19?**

The annual flu vaccination does *not* protect against COVID-19, but it is recommended for all persons age 6 months or older to protect against getting influenza (the flu).

### **Why should I get the flu shot then?**

Symptoms of COVID-19 are similar to symptoms of influenza (the flu). Reducing the number of flu cases (by getting the flu shot) not only helps decrease the burden on healthcare providers and facilities, having fewer patients with flu-like symptoms makes it easier to detect those persons who might have COVID-19 infection.

More importantly, the flu shot also prevents you from getting flu and spreading it to others, especially very young people, elderly people, and those with compromised immune systems. For these people, flu can be severe or even deadly.

### **Will wearing a mask protect me from COVID-19? Why should I wear a mask?**

CDC recommends that people wear cloth face coverings in public settings when around people not living in their household, especially when other social distancing measures (like staying 6 feet apart) are difficult to maintain.

Cloth face coverings, worn over both the nose and mouth, are a simple but effective way to reduce the spread of COVID-19 when they are widely used by people in public settings. Cloth coverings provide an extra layer to help prevent our respiratory droplets from traveling in the air and onto other people.

(This new guidance is based on what is known about the role respiratory droplets play in the spread of the virus that causes COVID-19, as well as emerging evidence about how well face coverings can reduce the spray of droplets when worn over the nose and mouth.)

Whether you should wear a surgical mask, an N95 respirator (“N95 mask”), or a cloth facial covering (“cloth mask”) depends on your situation:

- *If you are sick*, wearing a face mask can help prevent others from being infected by the droplets from when you cough, sneeze, or even talk.
- *If you are a healthcare worker or are around COVID-19 patients*, surgical masks or N95 respirators, used with other PPE (personal protective equipment), can help prevent infection and spread of COVID-19.
- *For healthy or well people not in a healthcare setting*, wearing a surgical face mask or N95 respirator is not recommended to prevent infection. However, CDC advises that cloth facial coverings may provide significant protection against spread and recommends people wear them in settings where social distancing is difficult.
  - Because of shortages of surgical masks and N95 respirators in healthcare settings, which are “critical supplies” during the pandemic, at this time it is important to save those for healthcare workers.
  - The guidance to wear cloth face coverings is because of evidence that some people who *appear* to be well may be infected with the coronavirus causing COVID-19 but are asymptomatic (having no symptoms) or pre-symptomatic (they haven’t yet developed symptoms). This means that the virus (through speaking,

coughing, or sneezing) can spread between people interacting in close proximity even if they don't have symptoms of COVID-19.

- Cloth masks can be made out of handkerchiefs, scarfs, and other cloth items.
- Local regulations and some businesses may require use of cloth facial coverings.

### **What other things should I know about wearing a cloth face covering?**

Important things to consider about wearing a cloth face covering:

- Wash your hands before putting on your face covering.
- Put your face covering over your nose and mouth and secure it under your chin.
- Try to fit your face covering snugly against the sides of your face.
- Make sure you can breathe easily while wearing the face covering.
- Be careful not to touch your eyes, nose, and mouth when removing your face covering and wash your hands immediately after removing it.
- Wash your cloth face covering after using it. You can wash it with regular laundry, using the warmest water appropriate for the cloth and drying it completely afterward.

Although masks can provide protection from droplets that contain the virus, it is important to remember that the most critical preventive measures continue to be practicing social distancing, washing your hands (especially before touching your face, nose, or mouth), covering your nose and mouth with your elbow or a tissue when coughing or sneezing, limiting your contact with sick people, and staying home if you are sick.

CDC's guidance on wearing cloth masks or other facial coverings can be found here:

[www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/cloth-face-cover.html](http://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/cloth-face-cover.html).

The Surgeon General demonstrates how to make a homemade cloth mask with household items: [youtu.be/tPx1yqvJgf4](https://youtu.be/tPx1yqvJgf4).

### **What is an N95 respirator? How is it different from a surgical mask?**

N95 respirators (sometimes call "N95 masks") are tight-fitting protective devices that cover the face and can filter out 95% of airborne particles, including droplets. They require fit testing to insure a proper seal on the user's face.

Surgical masks (also called "face masks") are looser fitting than N95 respirators, so they do not provide an effective barrier against particles. However, they can provide significant protection against droplets, including large respiratory particles.

You can find more information about N95 respirators and surgical masks at this CDC page: [www.cdc.gov/coronavirus/2019-ncov/hcp/respirator-use-faq.html](http://www.cdc.gov/coronavirus/2019-ncov/hcp/respirator-use-faq.html).

### **What can I do to protect my mental and emotional health, or that of my family members, during the COVID-19 outbreak?**

The COVID-19 outbreak is a very stressful situation for everyone, including children, made worse by economic uncertainty and the ongoing stay-at-home orders.

Stress during an infectious disease outbreak can include the following:

- fear and worry about your own health and the health of your loved ones
- changes in sleep or eating patterns
- difficulty sleeping or concentrating
- worsening of chronic health problems
- worsening of mental or emotional health conditions
- increased use of alcohol, tobacco, or other drugs

Everyone is vulnerable to stress, but some people are more at risk:

- older people or those with chronic disease who may be at higher risk of severe illness due to COVID-19
- children and teens
- people who are helping with the COVID-19 outbreak response, such as doctors, nurses, other healthcare workers, first responders, and those whose jobs are considered “essential” who must go to work in what may seem like risky conditions

It is important to find ways to cope with the stress and protect yourself from becoming overwhelmed during the outbreak. Consider doing the following to protect yourself:

- taking breaks from watching, reading, or listening to news stories about COVID-19, including on social media
- taking care of your mind and body:
  - taking deep breaths, stretching, and/or meditation
  - eating healthy and well-balanced meals
  - exercising regularly
  - getting plenty of sleep
  - avoiding alcohol and drugs
- taking time to unwind by doing activities you enjoy (as long as they are allowed within the stay-at-home order)
- connecting with others and talking with people you trust about your concerns and how you are feeling, by phone or video chat (e.g., FaceTime, Skype) if necessary
- knowing the facts about COVID-19 and understanding the risk to reduce stress from uncertainty

It is important to take care of your mental health at this time. Call your healthcare provider if stress gets in the way of your daily activities for several days in a row. People with preexisting mental health conditions should continue their treatment and be aware of worsening symptoms.

More information on mental and emotional health during the COVID-19 outbreak can be found at this CDC page: [www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html](https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html).

If you or someone you care about is feeling overwhelmed with feelings of sadness, depression, anxiety, or desire to harm yourself or others, please do one of the following:

- call 911
- visit the [Disaster Distress Hotline](#), call 1-800-985-5990, or text TalkWithUS at 66746
- visit the [National Domestic Violence Hotline](#) or call 1-800-799-7233 or use TTY by dialing 1-800-787-3224

### **What can I do to protect my child's mental and emotional health during the COVID-19 outbreak?**

If you have children, watch out for signs of stress (e.g., excessive crying or irritation, worrying, unhealthy eating or sleeping habits, difficulty paying attention, poor school performance, etc.). You can support them by doing the following:

- talking with your child or teen about the COVID-19 outbreak
- answering their questions and sharing reliable information about it
- reassuring your child or teen that they are safe
- limiting your family's exposure to news coverage
- keeping up with regular routines
- being a role model by taking care of your own mental and emotional health

More information about talking with children about COVID-19 can be found at this website: [www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/talking-with-children.html](http://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/talking-with-children.html).

### **TRAVEL-RELATED QUESTIONS**

#### **Is it safe to travel within the United States during the COVID-19 outbreak?**

CDC maintains a list of things to consider before deciding to travel within the U.S.: [www.cdc.gov/coronavirus/2019-ncov/travelers/travel-in-the-us.html](http://www.cdc.gov/coronavirus/2019-ncov/travelers/travel-in-the-us.html).

#### **Is it safe to travel internationally?**

On March 19, 2020, the U.S. Department of State issued a global level 4 travel advisory that covers all countries ([U.S. Department of State Global Health Advisory](#)) because of the COVID-19 global pandemic. The State Department advises the following:

- U.S. citizens should avoid all international travel due to the global impact of COVID-19.
- In countries where commercial travel options are still available, U.S. citizens who live in the U.S. are advised to arrange for immediate return to the U.S. unless they are prepared to remain abroad for an indefinite period.
- United States citizens who live abroad should avoid all international travel.
  - Their travel may be disrupted and they could be forced to remain outside of the US for an indefinite time, as many countries are experiencing COVID-19 outbreaks and implementing travel restrictions and mandatory quarantines, closing borders, and prohibiting non-citizens from entry with little advance notice.

The situation with COVID-19 continues to evolve and we cannot predict if other countries will still be considered “safe” for travel in the coming months. Anyone with plans to travel internationally should stay informed of the latest [Traveler’s Health Recommendations](#) for their specific destination.

### **Is Hawaii quarantining travelers to our state?**

On March 21, 2020, Governor Ige ordered a mandatory 14-day quarantine of all people traveling to Hawaii, including visitors and Hawaii residents, effective March 26. It states:

- If you are a resident, your designated quarantine location is your place of residence.
- If you are a visitor, your designated quarantine location is your hotel room or rented lodging.
- You can only leave your designated quarantine location for medical emergencies or to seek medical care.

Visitors and residents under quarantine should obey the following guidelines:

- Do not visit any public spaces, including restaurants, pools, meeting rooms, and fitness centers.
- Do not allow visitors in or out of your designated quarantine location other than authorized healthcare providers or individuals authorized by the Director of HI-EMA to enter.

The Department of Transportation has a Q&A page on the travel-related 14-day quarantine orders (covering both travel to Hawaii and interisland travel) at the following website: [hidot.hawaii.gov/coronavirus](http://hidot.hawaii.gov/coronavirus).

The news release of the Governor’s mandatory 14-day quarantine order can be found here: [governor.hawaii.gov/newsroom/latest-news/governors-office-news-release-gov-ige-orders-mandatory-14-day-quarantine-for-all-individuals-arriving-or-returning-to-the-state-of-hawai'i](http://governor.hawaii.gov/newsroom/latest-news/governors-office-news-release-gov-ige-orders-mandatory-14-day-quarantine-for-all-individuals-arriving-or-returning-to-the-state-of-hawai'i)

### **Are there exceptions or alternatives to the 14-day quarantine for travelers to Hawaii?**

Governor Ige announced plans to provide an alternative to the mandatory 14-day quarantine for travelers who arrive in Hawaii after September 1, although details have not been finalized. (The alternative had originally been scheduled to begin August 1, but was postponed due to rising numbers of COVID-19 cases on the U.S. mainland and in Hawaii; if these conditions continue, it may be postponed again.)

Plans for the alternative to quarantine are currently in development and the process and requirements will be determined in the weeks leading up to September 1. Updated information will be provided at the following HDOH websites: [www.hawaii-covid19.com](http://www.hawaii-covid19.com) and [health.hawaii.gov/travel](http://health.hawaii.gov/travel). This FAQ will also provide updates as they become available.

### **How will the exemption to the 14-day quarantine work?**

Although no alternative plan has been finalized, the alternative may involve travelers providing officials a negative test result for COVID-19 they took less than 72 hours prior to arrival in Hawaii and then another negative test result given after arrival in Hawaii. It is important to understand, however, that no plan has been confirmed and *all travelers to Hawaii should continue to plan to quarantine for 14 days after arrival in Hawaii.*

### **Is Hawaii quarantining travelers *between our islands*?**

On August 6, Governor Ige reinstated a partial mandatory 14-day quarantine of all people traveling to Kauai County, Maui County, Hawaii County, and Kalawao County, including visitors and Hawaii residents, effective Tuesday, August 11. (The earlier ban had been in place from April 1 to June 16.)

The partial interisland mandatory quarantine is due to a resurgence of COVID-19 cases on Oahu. The interisland quarantine continues through August 31, but may be terminated or extended.

The interisland quarantine order states the following:

Interisland travelers to the above counties under this quarantine order must obey the following guidelines:

- Travelers must remain in their hotel room.
- Travelers can only order delivery food.
- Travelers cannot receive visitors.

Other information related to the interisland quarantine order:

- All people who travel to the above counties will be required to electronically fill out an electronic Interisland Declaration Form that includes name, residential address, contact phone number, destination information, and purpose of travel.
- People traveling to the above counties to perform essential functions are also subject to self-quarantine, except when performing essential functions.
- People returning to their island of residence from interisland travel are no longer subject to quarantine if they were “performing critical infrastructure functions” or “traveling for purposes related to medical or health care,” but are required to wear appropriate gear (especially masks) and follow all social distancing requirements.
- Those traveling for medical or health care are not subject to the quarantine, as long as they wear appropriate protective gear and follow social distancing requirements.

All travelers between islands must fill out a form designed to monitor their health and be used in contact tracing if necessary (see below).

The Department of Transportation has a Q&A page on the travel-related 14-day quarantine orders (covering both travel to Hawaii and interisland travel) at the following website:

[hidot.hawaii.gov/coronavirus](http://hidot.hawaii.gov/coronavirus).

### **Who has to fill out the electronic form for interisland travel? What are the rules for the form?**

All passengers traveling interisland by plane or by boat are required to fill out the form, no more than 24 hours before their flight. All passengers should allow extra time for the additional screening.

- The form can only be completed electronically (there is no printable version available). The online form takes about 2 to 5 minutes to complete.
- The online form can be completed by computer or mobile device.
- There will be tablets available at the airport to accommodate those who were unable to complete the form before arriving at the airport.

The form can be found at this URL: [health.hawaii.gov/travel/traveler-health-form](http://health.hawaii.gov/travel/traveler-health-form). General information about interisland travel can be found at [health.hawaii.gov/travel](http://health.hawaii.gov/travel).

Below are other details related to the form and screening:

- Even when traveling as a group, every adult needs to complete their own form.
- For minor children (i.e., less than 18 years old) these rules apply:
  - Parents or guardians flying with their minor child can add the minor to their [online form](#), but should make sure the minor is added only to one adult's form.
  - A child flying alone must have the entire form completed.
- Travelers who refuse to fill out the form will not be allowed to board their plane.
- At this time the form is available only in English, but airport screeners will be equipped to help passengers who require assistance in other languages.
- For their address, people traveling interisland for just the day should write down details of their travel, such as their car rental location, where they will be working, what sites they will be visiting, etc.
- Travelers with a fever will not be allowed to board their flight.
- Travelers directed to secondary screening based on their answers may be offered COVID-19 testing at no charge.

You can find more information about the interisland travel form at this website:

[health.hawaii.gov/travel/traveler-health-form/faqs](http://health.hawaii.gov/travel/traveler-health-form/faqs).

## **OTHER QUESTIONS**

### **Should I be worried about products imported from China?**

There is no evidence you can become infected with COVID-19 from a product imported from China. COVID-19 appears to be related to coronaviruses like SARS and MERS which do not survive long on surfaces. Instead, they are usually spread from person-to-person through respiratory droplets.

### **What about animal products from China?**

CDC currently has no evidence that animals or animal products imported from China pose a risk for spreading COVID-19. Information will be updated as it becomes available.

### **Is my pet at risk of getting COVID-19? Do animals in Hawaii have COVID-19?**

Although this coronavirus seems to have come from an animal source, it is now spreading from person-to-person. We are still learning about how COVID-19 spreads, and there has been some evidence that a small number of pets, including dogs and cats, have been infected with the virus that causes COVID-19, mostly after close contact with people with COVID-19.

To protect your pets, CDC suggests taking precautions similar to those you would take to protect yourself and family members:

- Do not let your pets interact with people or other animals outside your household.
  - Keep cats indoors, if possible, to prevent them from interacting with other animals or people.
  - Walk dogs on a leash, staying at least 6 feet from other people and animals.
  - Avoid dog parks or other public places where a large number of people and dogs may gather.
- Talk to your veterinarian if your pet gets sick or you are concerned about their health.

If you or someone in your household becomes infected with COVID-19, you should restrict contact with your pets and other animals just as you would with people.

- When possible, have another member of your household care for your pets while you are sick.
- Avoid contact with your pet, including petting, snuggling, being kissed or licked, and sharing food or bedding.
- If you must care for your pet or be around animals while you are sick, wear a cloth face covering and wash your hands before and after you interact with them. Washing your hands after handling animals, their food, waste, or supplies is always a good idea.

You can learn more about caring for pets during the COVID-19 pandemic at this CDC webpage: [www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/animals.html](https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/animals.html).

### **If I think I or my family member has contracted COVID-19 but we have no health insurance due to a lost job or other situation, what should we do? Will we be turned away from a hospital?**

Hospitals in Hawaii do not turn away emergency cases, regardless of insurance coverage. However, any individual or family that has lost health coverage due to job loss or other

circumstances is encouraged to contact federal and Hawaii state resources to obtain health insurance, such as the federal government’s healthcare marketplace or Hawaii’s Quest.

You can find out about your eligibility for free or subsidized healthcare coverage by visiting [www.healthcare.gov/connect](http://www.healthcare.gov/connect) or [humanservices.hawaii.gov/mqd](http://humanservices.hawaii.gov/mqd) or by calling Quest at 1-877-628-5076.

**Is there money available for people who have lost their jobs due to the pandemic or the pandemic response but may not be eligible for traditional unemployment insurance?**

The federal government passed a law, the CARES Act, that provides unemployment benefits for people who do not qualify for traditional unemployment benefits. It is called Pandemic Unemployment Assistance (PUA) and includes the following types of workers:

- workers who are self-employed, including “gig workers,” freelancers, and independent contractors
- workers seeking part-time employment
- people with an insufficient work history to qualify for benefits
- people who have exhausted all rights to regular or extended benefits under state or federal law or to Pandemic Emergency Unemployment Compensation (PEUC)
- people who have been laid off from churches or religious institutions
- people who are otherwise not qualified for regular or extended benefits under PEUC

To apply for PUA, go to this website: [pua.hawaii.gov](http://pua.hawaii.gov).

You can learn more about PUA, including detailed information about applying and processing, by visiting this link: <https://labor.hawaii.gov/pua/>

**What is the correct name of this outbreak’s disease and the virus that causes it?**

Global experts on viruses have officially named the virus causing the outbreak “SARS-CoV-2.” This is an abbreviation of “Severe Acute Respiratory Syndrome Coronavirus 2.” After researching the new coronavirus, scientists determined it is closely related to the virus that caused the SARS epidemic in 2002 and 2003. The virus that caused SARS is known as SARS-CoV, so this new coronavirus is called SARS-CoV-2.

Although the virus is known as SARS-CoV-2, the illness it causes is now officially called COVID-19 (short for coronavirus disease 2019). Shortly after the outbreak first started in Wuhan, China, the virus and illness were often referred to as “2019 Novel Coronavirus,” which was usually abbreviated as “2019-nCoV.” The name “COVID-19” has officially replaced “2019 Novel Coronavirus” and “2019-nCoV.”

Names like “Wuhan Virus” and “Chinese Virus” are not official or used by the medical or public health communities and are considered derogatory and inappropriate.

### **What are coronaviruses?**

They are common in many different species of animals, including camels, cattle, cats, and bats. Rarely, these animal coronaviruses can infect people and then spread between people.

Human coronaviruses are also common throughout the world and can cause mild to moderate illness (for example, “the common cold”). Some coronaviruses that infect humans are known to cause severe illness, like the coronaviruses that cause MERS and SARS.

COVID-19 is a pneumonia-type illness caused by a new (or novel) coronavirus called SARS-CoV-2 that originated in Wuhan, China. It may have originated in animals, but it can now be spread from person-to-person.

### **So is COVID-19 the same as SARS and MERS?**

No, they are different coronaviruses.

### **Where can I find out more information?**

For more information about COVID-19, visit the Centers for Disease Control and Prevention (CDC) website at <http://www.cdc.gov/coronavirus/novel-coronavirus-2019.html>. You can also visit HDOH’s COVID-19 websites at [hawaiiicovid19.com](http://hawaiiicovid19.com) and [health.hawaii.gov/covid19](http://health.hawaii.gov/covid19).

Finally, you can contact HDOH’s partners at Aloha United Way from anywhere in Hawaii for information and referral services:

- Call 2-1-1.
- Text 877-275-6569 (include your zip code)
- Chat at [www.auw211.org](http://www.auw211.org).
- Email [info211@auw.org](mailto:info211@auw.org).

