



DEPARTMENT OF HEALTH

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COVID-19 Daily Update

The Importance of Mental Health

As we head into the weekend, the Hawai'i Department of Health (DOH) encourages everyone to take care of themselves and heed the social distancing directives by Gov. David Ige and county officials. Here are four suggestions to keep busy and stay at ease:

- You can remain active and go outdoors while still complying with social distancing directives. Although all of Hawai'i's state parks and facilities are now either fully or partially closed, the forest reserves (<https://dlnr.hawaii.gov/forestry/frs/reserves/>) and Na Hele Trail and Access Program trails (<https://hawaiitrails.hawaii.gov/trails/#/>) remain open at this time.
- While dine-in options at restaurants may be suspended at this time, many eateries are offering their menus or special promotions for drive-thru, take out, pick-up or delivery.
- Hawai'i's state public libraries are always open online at librarieshawaii.org with amazing online resources available 24/7. Available for those with a Hawai'i library card, the online collection is free and includes a variety of eBooks, eAudioBooks, digital subscriptions to newspapers and magazines, classes and language learning, and more.
- Stay connected with kūpuna or loved ones in retirement or care homes virtually, by phone, tablet or computer.

Be Considerate When Purchasing Food and Supplies

The DOH reminds the public to be judicious when shopping for food and essential goods so that kūpuna and others in need are able to purchase necessary items. The Hawai'i Department of Transportation (HDOT) Harbors Division continues to manage Hawai'i's commercial ports—the lifeline for Hawai'i's communities for food, medical supplies, clothing, household goods and more. There have been no interruptions to the supply chain as a result of COVID-19.

Definition of Community Spread

Community spread is defined as cases that cannot be traced back to a resident or visitor who traveled outside Hawai'i or an individual who is in a high-contact job related to tourism, healthcare or emergency response.

Who Should be Tested for COVID-19?

Most people who are sick **do not** need to be tested. There is no specific medicine to treat COVID-19, so whether you test positive or negative, management of your illness will be the same.

Individuals who **are not sick** should **not** be tested even if they have been exposed to COVID-19.

Individuals who **are sick** with respiratory illness (e.g., fever **AND** cough or shortness of breath) **AND** who are at a higher risk for severe respiratory infections (e.g., older people, those with chronic medical conditions including immunosuppression) should call their usual source of healthcare to discuss whether they should be tested for COVID-19 and/or other infections such as influenza.

- A provider's referral is required to receive testing.
- If you do not have a provider, call an urgent care center or community clinic in your area.

Anyone having difficulty breathing should seek medical care immediately. If possible, call your healthcare provider first so they are prepared to receive you.

Other people with mild illness should help protect our most vulnerable and conserve our precious supplies by practicing social distancing measures, monitoring their illness, and calling their healthcare provider if their symptoms worsen or persist.

Sentinel Surveillance Testing Results

Today, the DOH received 61 negative results from test samples statewide, bringing the total count to 185 negative results. The goal is to identify possible community transmission of COVID-19.

Eleven New Positive Cases on O'ahu and Kaua'i

As of March 20, 2020, noon, there was a total of 37 confirmed or presumptive positive cases of COVID-19 in Hawai'i. New positive results were announced today for 10 individuals on O'ahu and one individual on Kaua'i. Most Hawai'i cases can be traced back to residents or visitors who got COVID-19 while traveling outside of the Hawaiian Islands or are in a high-contact job related to tourism, healthcare or emergency response. Two of the cases with positive results announced today are not related to travel, and are the first indication of some community spread.

The Department of Health will be posting case numbers daily at noon. The situation is fluid with constant changes. Any additional case information received after noon will be reported the following day.

**COVID-19 Summary of Numbers as of March 20, 2020 at 12:00 p.m. HST
(updated as new information becomes available)**

Number of Total Positive Case(s)* Statewide	37
Honolulu	28
Maui County	5
Kaua'i	3
Hawai'i Island	1

*Includes confirmed and presumptive cases.

Confirmed: Meets CDC criteria and positive test result received from a certified laboratory such as the DOH State Laboratories Division.

Presumptive Positive: Positive test results from a private laboratory requiring confirmation by a state public health laboratory.

2-1-1 Call Center for Information on COVID-19

The Aloha United Way call center is open daily between 7 a.m. – 10 p.m. For information or questions about COVID-19:

- Call 2-1-1 from any location in the state
- Text 877-275-6569
- Email info211@auw.org
- Visit health.hawaii.gov/covid19 or coronavirus.gov

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