



# COMMUNITY BULLETIN

## Welcome to the Hawai'i Department of Health's Community Bulletin!

This month we feature lots of ways to stay healthy - both physically and mentally - during the often hectic holiday season. We also want to share with you some recent health advisories and other news from DOH.

If you have suggestions, please let us know. Email us at [doh.comm@doh.hawaii.gov](mailto:doh.comm@doh.hawaii.gov).



## Safe Food Handling Tips for Thanksgiving

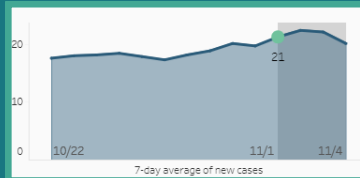
- Put away all groceries in a refrigerator/freezer as soon as you get home from shopping. You should have a thermometer in your refrigerator to ensure the temperature is maintained at 41°F or colder.
- Allow about 24 hrs. to thaw every 4-5 lbs. of turkey in a refrigerator.
- Always wash your hands carefully with soap and water before handling food and after handling raw meats or using the bathroom.
- Cook meats thoroughly (until juices run clear). Beef, veal, lamb, and fish to at least 145°F. Ground beef, veal, lamb, and fish to at least 155°F. Turkey, chicken and other poultry, and stuffed foods to at least 165°F.
- Don't let room temperature foods stay out longer than 2 hours. Use all leftover foods within 3-4 days.
- If you are preparing food, make sure you are in good health. Do not handle food if you have had vomiting or diarrhea in the previous 72 hours.

[MORE FOOD SAFETY TIPS](#)

HAWAI'I STATEWIDE  
**WEEKLY COVID DATA DROP**  
UPDATED WEDNESDAY, NOVEMBER 6

DAILY AVERAGE CASES

**21** ↑  
OCT. 29 TO NOV. 4



WEEKLY POSITIVITY RATE  
OCT. 29 TO NOV. 4

**3.6** ↑

REPORTED DEATHS  
OCT. 29 TO NOV. 4

**0**

AVERAGE HOSPITALIZATIONS  
OCT. 31 TO NOV. 6

**15** ↓

## This week's COVID-19 data

Just a friendly reminder that immunizations and vaccines are important safeguards against respiratory viruses and will help minimize the impacts of these diseases in our communities, especially during the busy holiday season.

This week's data shows a 3.6% average positivity rate and 21 daily average cases statewide. No new deaths, an average of 15 hospitalizations, and one patient in an ICU bed daily were reported.

VACCINE INFORMATION

RESPIRATORY DISEASE DASHBOARD

WE'RE FIGHTING DIABETES NOW,  
BEFORE WE GET IT.



## November is National Diabetes Month

In the U.S., diabetes is the No. 1 cause of kidney failure, lower-limb amputations, and adult blindness. In Hawai'i, diabetes is the 7th leading cause of death.

The good news is that prediabetes is reversible! Find out if you're at risk for prediabetes by taking our risk test and learn about our diabetes prevention program.

HOW TO BEAT DIABETES

HAWAI'I TOBACCO QUITLINE  
**1-800-QUIT-NOW**  
HAWAIIQUITLINE.ORG | 1-800-784-0809



GREAT ★ AMERICAN  
**SMOKEOUT** NOV. 21

CLICK  
HERE  
TO QUIT

## BEHAVIORAL HEALTH



[CLICK](#), FOR HOLIDAY SELF-CARE TIPS

For many people, the holiday season can be a source of stress. Stress can often worsen symptoms of a mental health condition, such as depression or anxiety, or a substance use disorder.

Here are some tips to de-stress. But seek professional help if needed.

- **Accept imperfection.** Before preparing for gatherings, consider that things may not go as planned. Imperfection is healthy and normal.
- When overwhelmed by long lines and traffic, ask yourself “**what’s really important?**” Take a deep breath, focus on what you’re grateful for and keep an open mind.
- **Respond with kindness.** You can’t change how others act, but you can choose how you respond to situations. See if you can extend aloha to someone you know without family or friends this time of year.

## ENVIRONMENTAL HEALTH



[CLICK](#), SUBSCRIBE TO WATER QUALITY ALERTS

A brown water advisory is issued to alert the public to stay out of beaches contaminated by storm (brown) water. Storm water can contain harmful micro-organisms (pathogens) and other harmful pollutants from overflowing sewage systems and other sources.

Stay out of brown water after heavy rains or storms at least 48-72 hours after the rain stops and the beach is fully exposed to sunlight.

Subscribe to DOH’s Clean Water Branch’s automated email notification service to receive alerts about water quality advisories.

## PUBLIC HEALTH



[CLICK, FOR DENGUE GUIDANCE](#)

DOH identified a new travel-related dengue virus case on Maui, bringing the number of total cases to 14 identified in the state in 2024. Symptoms of dengue typically may be mild or severe and include fever, nausea, vomiting, rash, and body aches.

If you have traveled recently and are experiencing these symptoms, please seek medical advice from a health care provider.

As the rainy season continues in Hawai'i, reducing mosquito populations at home is good practice. Common breeding sites at home include buckets, water-catching plants, small containers, planters, rain barrels or even cups left outside. Simply pouring out containers of standing water reduces the potential for mosquito breeding.

### Special Mention

The DOH, along with other state and federal agencies, held an informational briefing for the public about the current management of Kalaupapa. The meeting was held on Oct. 5 at Kaunakakai Elementary School on Moloka'i.

Watch it on [YouTube](#).

[CLICK, FOR MORE ON KALAUPAPA](#)

## INFORMATION HOTLINES

### [DOCD Disease Reporting Line](#)

Assistance with an outbreak of cases  
O'ahu (808) 586-4586  
Maui (808) 984-8213  
Kaua'i (808) 241-3563  
Hilo (808) 933-0912  
Kona (808) 322-4877

### [Hawai'i CARES 988 Hotline](#)

Local crisis counselors are available to help 24/7  
Call or Text 9-8-8  
or Call (808) 832-3100  
or Call 1-800-753-6879

**DOH Hotline**

Get information & resources  
Call (808) 586-4400

**COVID-19 Call Center**

Questions about COVID?  
Call 808-586-8332  
Toll Free 1-833-711-0645  
7:45 a.m. – 4:30 p.m.  
Monday - Friday

**Aloha United Way 211 Hotline**

Get information on social service  
programs  
Call 2-1-1  
or Text 1-877-275-6569  
7 a.m. – 10 p.m. (7 days a week)

**GO Hawai'i**

For travel-related questions  
Call 1-800-GoHawaii  
(1-800-464-2924)



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