



COMMUNITY BULLETIN



Season's Greetings! All of us at the Hawai'i Department of Health wish you every happiness of the season, and all the best for a healthy new year.

We know that the hustle and bustle of the holidays can be overwhelming, bringing both joy and sadness, energy and weariness, togetherness and loneliness. That's why this is an especially good time to pay attention to our physical and emotional health.

Along with the regular updates, this month's Bulletin offers ways for you and your loved ones to incorporate healthy eating, exercise, and emotional support into the weeks ahead. Remember, physical and mental health go hand-in-hand. It's so important that we care for ourselves and one another.

Finally, a big mahalo for your continued support and interest in public health. I am grateful for all who join us in working to protect and promote the health of the people in Hawai'i and our environment. Our work is possible only through partnerships and your kōkua.

Mele Kalikimaka me ka Hau'oli Makahiki Hou!

Aloha,

A handwritten signature in black ink, appearing to read "Ken Fink".

Dr. Kenneth Fink
Director, Hawai'i Department of Health



Healthier Holiday Tips

Walk The Mall

Knock out your holiday shopping and be physically active at the same time with [tips](#) from the Centers for Disease Control and Prevention (CDC).

Good Gifting

It's National Safe Toys and Gifts Month. See this [holiday guide](#) for more information on buying toys that are appropriate and safe for our keiki.

Healthy, Happy Eating

You can still enjoy holiday food and make good choices for your health. Check out these [ideas](#) from the CDC.

Protect Your Mental Health

The holidays can be joyous, but can also cause stress, sadness and loneliness. Please take care of yourself and reach out for [help](#) if needed.



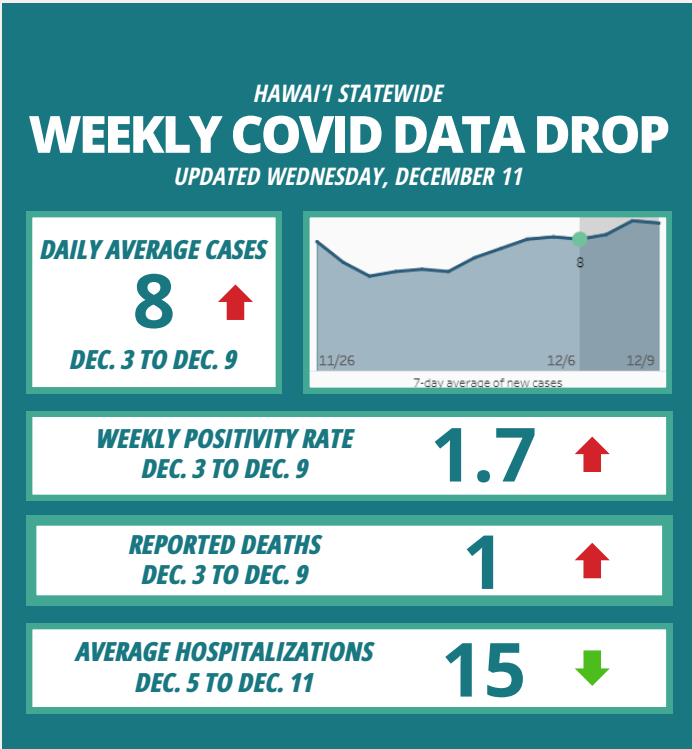
Avian Influenza

Following a joint investigation, DOH and HDOA received confirmation on November 15, 2024 that avian influenza (bird flu) was found in a backyard flock of various birds in Central O'ahu. The property involved was within the area served by the Wahiawā Wastewater Treatment Plant, where a detection of bird flu was reported just prior through the National Wastewater Surveillance System. The response by DOH included an investigation that found no spread of bird flu had occurred in those who had contact with the infected flock. The DOH State Laboratories Division also detected bird flu in a wastewater sample collected on December 2, 2024 at the Hilo Wastewater Treatment Plant on Hawai'i Island. This is the first detection of bird flu on a neighbor island.

The risk of bird flu to the public in Hawai'i remains low, but people who may be at higher risk for bird flu include those who:

- Have close contact with sick or dead animals, like wild birds, poultry, or other animals.
- Handle droppings, bedding, or objects near infected birds or animals on a farm.
- Eat raw or unpasteurized milk or dairy products.

Click [here](#) for avian influenza FAQs.



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 1.7% average positivity rate and eight daily average cases statewide. One new death, an average of 15 hospitalizations, and no patients in an ICU bed daily were reported.

[VACCINE INFORMATION](#)

[RESPIRATORY DISEASE DASHBOARD](#)

DOH VACCINATION GUIDE

Learn more about protecting yourself and your family.

BEHAVIORAL HEALTH



The Hawai'i Department of Health's Child and Adolescent Mental Health Division (CAMHD) has been awarded an \$11.99 million system of care improvement grant from the Substance Abuse and Mental Health Services Administration (SAMHSA).

The four-year grant, titled "Workforce Activities in Action (WA'A): Building Capacity for CAMHD's Youth Through Equity," will support CAMHD's mission of providing access to quality mental health services for Hawai'i's children and families.

ENVIRONMENTAL HEALTH



[CLICK, FOR FOOD & DRUG BRANCH](#)

Effective Dec. 31, 2024, the manufacture, sale or distribution for sale or use of paper wraps and liners, plates, food boats, and pizza boxes that contains intentionally added perfluoroalkyl and polyfluoroalkyl substances (collectively known as PFAS) is banned. These chemicals are used to make food packaging products greaseproof, waterproof, non-stick, and stain-resistant.

PUBLIC HEALTH



[CLICK, FOR EMERGENCY MEDICAL SERVICES & INJURY PREVENTION](#)

Suicide is the second-leading cause of fatal injuries for Hawai'i residents. DOH has joined forces with the University of Hawai'i at Mānoa (UH) and other state, local, military, public and private-sector partners to reach those in our community most affected by suicide and suicide attempts.

TAKE THE HEALTH SURVEY!

Take the call from 808-528-4050 to help DOH build a healthier Hawai'i.

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

[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

[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

[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)

