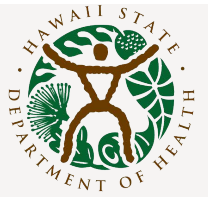


COVID-19



WHAT YOU NEED TO KNOW

What are the symptoms of COVID-19?



FEVER



COUGH



DIFFICULTY BREATHING



SEVERE ILLNESS

How is COVID-19 spread?



Coughing & sneezing



Close personal contact, such as touching or shaking hands



Touching a contaminated object or surface & then touching your face

How can I protect myself and our community?

- GREET OTHERS WITH A SHAKA instead of a handshake, hug, or kiss
- WASH YOUR HANDS OFTEN & after touching public surfaces
- WASH HANDS WITH SOAP & WATER FOR 20+ SECONDS or use hand sanitizer with over 60% alcohol
- AVOID TOUCHING YOUR FACE, especially with unwashed hands
- GET YOUR FLU SHOT

- IF YOU ARE SICK, STAY HOME & avoid contact with others
- CALL YOUR DOCTOR if you have symptoms & think you have been exposed to the virus
- COVER YOUR MOUTH & NOSE with a tissue or your sleeve when coughing or sneezing, & throw tissue in the trash
- AVOID GROUP SETTINGS AS MUCH AS POSSIBLE especially if you are age 60+ or have underlying health conditions

FOR MORE INFO ABOUT COVID-19

2.1.1

Get Connected. Get Help.™

CALL 2-1-1

TEXT 877-275-6569

CHAT www.auw211.org

EMAIL info211@auw.org



health.hawaii.gov/covid19