

Protect yourself and others from COVID-19



Recommendations for families living in apartment settings

These precautions can help you reduce the risk of infection or spreading of this virus



Clean your hands often with soap and water or an alcohol-based hand rub.



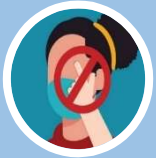
Clean and disinfect frequently touched objects and surfaces, including new items brought into your home.



Wear a mask and stay 6 feet apart when around others who don't live with you, or in public (grocery store, church, and other public places). You can be infected with COVID-19 and have no symptoms.



Avoid gathering in hallways, laundry rooms, other's apartments, and common areas because it's harder to stay 6 feet apart. Meet outdoors where there's fresh air and it's easier to stay 6 feet apart.



Avoid touching your eyes, nose, and mouth. Your hands can pick up COVID-19 from surfaces.



When coughing or sneezing, cover your mouth and nose with a bent elbow or tissue. Dispose of the used tissue immediately and wash your hands.



If you feel sick, stay in your apartment and self-isolate, even with mild symptoms, until you recover. Have someone bring you food and supplies.



If you have a fever, cough, and difficulty breathing, seek medical attention, but call by telephone in advance if possible and follow the directions of your local health department.

Stay informed: <https://health.hawaii.gov/coronavirusdisease2019>