

COVID-19

Coronavirus Disease 2019

What You Need to Know

Coronavirus is a type of virus that causes diseases of varying severities, ranging from the common cold to more serious respiratory disease. A novel (new) coronavirus is a strain of coronavirus that hasn't been identified before in humans, like the virus that causes COVID-19.

How is COVID-19 spread?



Through coughing and sneezing



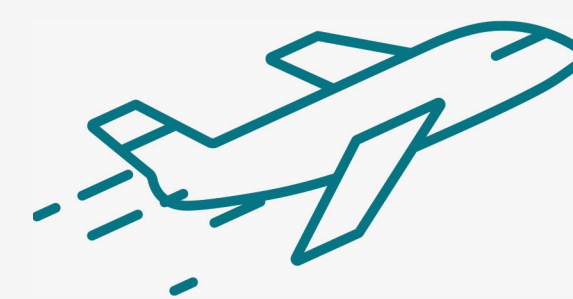
Close personal contact, such as touching or shaking hands



Touching an object or surface with the virus on it, then touching your mouth, nose, or eyes before washing your hands



Because COVID-19 is new, we are learning more each day about the transmission patterns and incubation periods



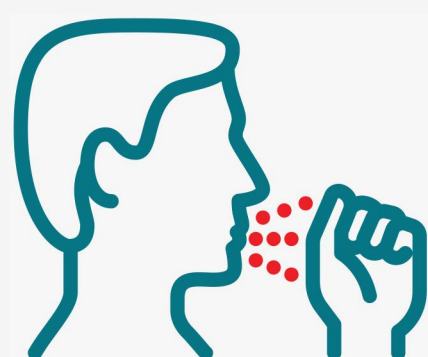
People who traveled to or from **China within the last 14 days**, could have been exposed to the virus that causes COVID-19. During this time, you should stay home or in your hotel room and avoid group settings, including work and school. Have a family member or friend run errands for you, such as picking up food or medicine.

People who have traveled to areas recognized by CDC as having community spread of COVID-19 should also monitor their health for 14 days after leaving those areas.

What are the symptoms of COVID-19?



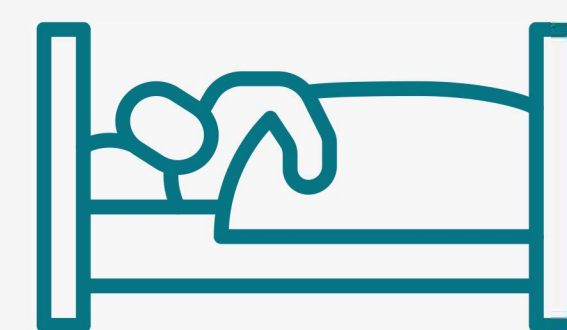
Fever



Cough



Difficulty Breathing



Severe Illness

How can I protect myself and our community?

Everyone in our community

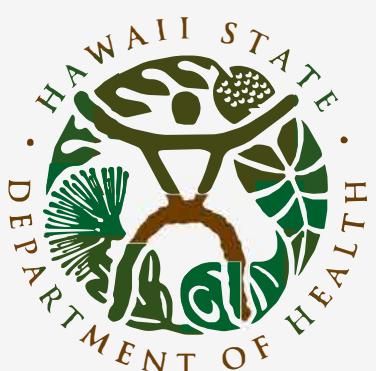
- Avoid contact with sick people.
- Wash your hands often with soap and water for at least 20 seconds. If not available, use an alcohol-based hand sanitizer.
- Avoid touching your eyes, nose, and mouth, especially with unwashed hands.
- Get your flu shot to reduce the chance of developing symptoms that can be confused with COVID-19. Everyone ages 6 months or older should be vaccinated against the flu.

If you traveled to China and feel sick

- Stay home and avoid contact with others.
- Call the Hawaii Department of Health at (808) 586-4586 for advice before seeking care.
- If you cannot reach the Department of Health, call ahead before going to a doctor's office or emergency room. Tell them your symptoms and that you were in China.
- Cover your mouth and nose with a tissue or your sleeve (not your hands) when coughing or sneezing. Throw the tissue in the trash.

For more information about COVID-19, call Aloha United Way at 2-1-1.

This document was produced by the State of Hawaii Department of Health (revised 2/26/2020). Visit us at health.hawaii.gov/docd/advisories/novel-coronavirus-2019.



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Get Connected. Get Help.™