

Coronavirus (COVID-19): How to Keep You and Your ‘Ohana Safe

Note from Senator Dru Mamo Kanuha

On Monday, March 16, the State of Hawai‘i reported the first confirmed case of COVID-19 by community spread, prompting the State to increase preventative measures to limit the spread. Such measures include: encouraging people to avoid gathering larger than 10 people, ceasing all non-essential travel, directing bars and restaurants to shift services to take-out, drive-thru, and delivery options or temporarily suspend operations altogether. Guests to Hawai‘i have been encouraged to postpone their vacations for the next 30 days. Please stay vigilant in practicing these safeguard measures to further prevent the spread of COVID-19. Stay home and isolate yourself should you exhibit flu-like symptoms or have traveled to or been in contact with someone that has traveled to an area with confirmed community spread. In this unprecedented state of emergency, residents of Hawai‘i Island have the opportunity to be an example to the State for our ability to pull together, help one another and do our part to limit the spread of COVID-19.

What is the 2019 Novel Coronavirus (COVID-19)?

An outbreak of a new coronavirus disease (COVID-19) that originated in Wuhan, China has been developing since December 2019. COVID-19 is a respiratory illness that can spread from person to person. Mild symptoms include fever, cough, and shortness of breath. Severe symptoms include pneumonia in one or both lungs, multi-organ failure, and death. COVID-19 has over 200,000 confirmed cases globally and has 173 affected countries and territories around the world.

For Up-To-Date Information about COVID-19, Please Contact:

County of Hawai‘i Civil Defense Call Center
(808) 935-0031 | 7am – 7pm

County of Hawai‘i COVID-19 Resource Page
coronavirus-response-county-of-hawaii-hawaiiicountygis.hub.arcgis.com

State of Hawai‘i Department of Health
(808) 586-4586 | hawaiiicovid19.com

Sign-up for email updates at:
health.hawaii.gov/news/covid-19updates

Centers for Disease Control and Prevention
(800) 232-4636 | cdc.gov/coronavirus/2019-ncov

For general information, about COVID-19,
call 2-1-1 from any location in the State.

Subscribe to our e-newsletter updates
from Senator Kanuha by
emailing i.command@capitol.hawaii.gov.



Cough



Difficulty
Breathing

Wash your
hands
regularly
for 20 seconds



Try singing "Kona Kai 'Ōpua"



Cover your
mouth when
coughing
or sneezing

Stay home
when sick



Symptoms of
COVID-19



Fever



Severe Illness



Wipe
high-touch
surfaces
often

Stay Healthy and
Avoid the Spread
of COVID-19



Avoid
touching
your face



Practice social distancing
Give shakas not shakes