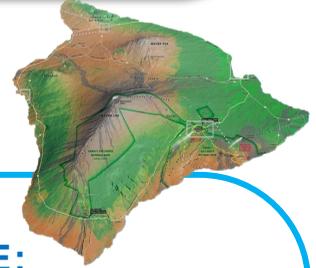




CORONAVIRUS

A Guide for Hawai'i Island



DEPARTMENT OF HEALTH'S MESSAGE:

The Hawai'i State Department of Health, in partnership with the County of Hawai'i, federal and other state agencies, is working to take the necessary precautions to prevent and respond to the 2019 novel coronavirus. If the 2019 novel coronavirus is identified in Hawai'i, coordinated actions to prevent the spread of the virus will be taken. Becoming informed and taking personal responsibility is our best preventive action. We urge everyone to learn about the 2019 novel coronavirus and to take the necessary steps to protect yourself and family members.



HAWAII STATE
DEPARTMENT
OF HEALTH

Bruce S. Anderson, PhD.
Director of Health,
Hawai'i State Department of Health

The County of Hawai'i is working with state and federal partners to keep you informed and to prevent the spread of the Coronavirus that originated in China. As part of the effort to ensure timely and credible information, County Civil Defense is issuing daily bulletins notifying the public of any updates. The purpose of this pamphlet is to provide the best and most reliable information on:

- **What you need to know about the Coronavirus**
- **Health advisories and actions taken by government to contain the Coronavirus**
- **What you can do to keep yourself safe**

CORONAVIRUS

WHAT IS THE CORONAVIRUS?

Public health officials are working to contain a new type of Coronavirus, referred to as the 2019 Novel Coronavirus or 2019-nCoV. This virus is believed to have originated in animals and then spread to humans. It is now being transmitted from person to person.

This virus is a public health concern because it is new and knowledge is limited. The virus was first identified in Wuhan, Hubei Province, China. Cases have been identified internationally, including some cases in the United States. Efforts are being made by governments to prevent its spread.

HOW DOES CORONAVIRUS 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 novel coronavirus is new, we are learning more each day about the transmission patterns and incubation periods

Health officials are still learning about this new virus and how it spreads, but best evidence suggests it is spread when a person coughs or sneezes, or from close contact with a sick person. Once infected, symptoms may not appear for 2 to 14 days. The virus is also believed to survive a few days on surfaces.

WHAT ARE THE SYMPTOMS OF CORONAVIRUS?

- Mild to severe respiratory illness
- Cough and shortness of breath or difficulty breathing
- Fever - (*Some patients may not report fever, especially the very young, elderly, those not able to fight infections, and those taking fever-lowering medications.*)



Fever



Cough



Difficulty Breathing



Severe Illness

IS THERE A VACCINE FOR CORONAVIRUS?



Because this is a new virus, there is currently no vaccine to protect against the Coronavirus; however, efforts are underway to develop a vaccine as soon as possible.

WHAT SHOULD YOU DO TO PROTECT YOURSELF?

- **Follow the same measures to prevent flu in daily life or while traveling:**



- **If you feel sick with flu-like symptoms described in this pamphlet:**
 - ◇ Cover your mouth and nose with a tissue or sleeve (*not with your hands*) when coughing or sneezing. Throw the tissue in the trash.
 - ◇ Stay home from work or school and avoid contact with others.
 - ◇ Seek medical care right away to get tested and treated.
 - ◇ Clean and disinfect frequently touched objects and surfaces.
 - ◇ **Before you go to the doctor's office or emergency room, call ahead to tell them of your symptoms.**
- **If you traveled to China since December 2019 and feel sick:**
 - ◇ Stay home and avoid contact with others.
 - ◇ Immediately seek medical care to get tested. **Call ahead to tell them of your symptoms and recent travel if you visited China.**



CORONAVIRUS

WHAT IS GOVERNMENT DOING TO PROTECT OUR COMMUNITY?

- Hawai'i Departments of Health and Transportation officials are working closely with the Center for Disease Control and Prevention to monitor and screen inbound passengers at Daniel K. Inouye International Airport for any individuals that may have been affected by the virus. Direct flights between Hawai'i and China are suspended.
- The Department of Health is working with healthcare facilities to ensure hospitals and healthcare providers are up to date on infection control in the event they come across a person potentially infected with Coronavirus.
- A Presidential proclamation that took effect Feb. 2, 2020, temporarily restricts foreign nationals, other than permanent U.S. residents and the immediate family of U.S. citizens and residents, from entering the United States if they have been in China within 14 days. Passengers who have been in Hubei province within 14 days of their return to the United States are subject to quarantine.

IS MY PET AT RISK OF GETTING CORONAVIRUS?



Although this Coronavirus seems to have come from an animal source, it is now spreading from person to person. There is no reason to believe animals or pets in Hawai'i or elsewhere in the U.S. might be spreading the virus.

If you think you may have been infected with the Coronavirus, call your physician.

ADDITIONAL RESOURCES

Center for Disease Control and Prevention
<https://www.cdc.gov/coronavirus/2019-ncov/index.html>

Hawaii Department of Health
<https://health.hawaii.gov/docd/advisories/novel-coronavirus-2019/>

Hawaii Department of Transportation
<https://hidot.hawaii.gov/coronavirus/>

Call Aloha United Way at 211 for more information and referrals.

