

ATTENTION

If you are:

- 60 years and older
- Have a serious health condition, such as heart disease, lung disease, diabetes, kidney disease or compromised immune system

Please take precaution:



Secure 30-days extra of prescription medication



Avoid crowds

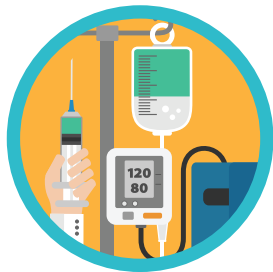


Avoid nonessential travel



Stay home as much as possible

If you care for someone at higher risk:



Secure extra medication and medical supplies



Purchase nonperishable foods to minimize trips to the store



Monitor food intake and incontinence

Loved one in long-term care?

- ✓ Understand facility's outbreak protocol.
- ☎ Call facility ahead of visits for updates and advice.
- ⊘ Avoid visiting to the extent possible. Limit time and keep 6+ ft distance.

Contact your doctor if:



Cough



Fever



Shortness of Breath

As a statewide 'ohana, we have a responsibility to protect those most vulnerable to COVID-19.

[HawaiiCOVID19.com](https://www.hawaii.gov/covid19/)

March 18, 2020

