Protect Yourself and Others Around You

1. Get vaccinated to prevent serious illness, protect your ohana and your community against COVID-19.
2. Wash hands frequently with soap and water for at least 20 seconds, and always before eating; after using the bathroom; and after blowing your nose, coughing or sneezing. Cover your cough or sneeze with a tissue, then dispose of the tissue in the trash and wash your hands.
3. Do not touch your eyes, nose and mouth. When in public, wear a cloth face mask over your nose and mouth.
4. Stay at least 6 feet (about 2 arms’ length) from other people.
5. Clean and disinfect frequently touched objects and surfaces. Dispose of trash after cleaning.
6. Stay at home when sick until your symptoms are gone.

Seek Immediate Medical Advice If You Show Signs Or Symptoms

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rev 6/29/21