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.

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**Signs and Symptoms**

People with COVID-19 have had a wide range of symptoms reported – ranging from mild symptoms to severe illness. Symptoms may appear 2-14 days after exposure to the virus, and may include the following:

- Fever or chills
- Cough
- Difficulty breathing
- Fatigue
- Muscle/body aches
- New loss of taste or smell
- Headache
- Congestion or runny nose
- Sore throat
- Nausea, vomiting or diarrhea
- Nausea
- Vomiting
- Diarrhea
- Headache
- Sore throat
- Muscle/body aches
- New loss of taste or smell
- Headache
- Congestion or runny nose
- Sore throat
- Nausea, vomiting or diarrhea

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**Seek Immediate Medical Advice If You Show Signs Or Symptoms**

Leeward CC Student Health Center
(808) 455-0515
www.hawaii.edu/shs/lcc

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