

PROTECT YOURSELF & OTHERS

The health and wellbeing of **Hawai'i Meals on Wheels** kūpuna clients, as well as our volunteers, remain our utmost concern. We want to help protect you and others in the community from getting respiratory illnesses. Here in Hawai'i, we each have a role to play in getting ready and staying healthy.

The best way to prevent illness is to avoid being exposed to this virus. Here are everyday preventive actions to help prevent the spread of respiratory diseases, recommended by the Centers for Disease Control and Prevention (CDC):



Clean your hands often

Wash your hands often with soap and water for at least 20 seconds especially after you have been in a public place, or after blowing your nose, coughing, or sneezing.

If soap and water are not readily available, use a hand sanitizer that contains at least 60% alcohol.



Cover your mouth and nose with a mask when around others

Everyone should wear a mask in public settings and when around people who don't live in your household, especially when other social distancing measures are difficult to maintain. You could spread COVID-19 to others even if you do not feel sick.



Avoid close contact

Avoid close contact with people who are sick. Put 6 feet of distance between yourself and people who don't live in your household.

HMoW volunteers provide contactless meal deliveries while still checking in on clients' well-being at a safe distance (e.g. hanging packaged meal on client's doorknob, knocking, and waiting for client to answer the door).



Clean AND disinfect frequently

frequently touched objects and surfaces daily. This includes tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, and sinks.



Monitor your health daily

Be alert for symptoms. Watch for fever, cough, shortness of breath, or other symptoms of COVID-19. Especially important if you are running essential errands, going into the office or workplace, and in settings where it may be difficult to keep a physical distance of 6 feet.



Cover coughs and sneezes

Always cover your mouth and nose with a tissue or use the inside of your elbow. Throw used tissues in the trash.

Take your temperature if symptoms develop.

For more information, go to [cdc.gov](https://www.cdc.gov) or call 211. Source: Centers for Disease Control (Nov. 27, 2020)



All meals are prepared in a commercial environment with strict health and safety standards, including the use of face masks, gloves and hairnets. We have instituted a "no contact" meal delivery system and instructed volunteers to keep a distance of at least six feet from those who are receiving meals. HMoW is following virus prevention guidelines from the CDC, Hawai'i Department of Health, and Meals on Wheels America and continues to uphold health standards, including sanitizing all delivery equipment daily.