WHAT IS COVID-19?
• COVID-19 is a contagious respiratory illness.

HOW DOES COVID-19 SPREAD?
• **Person to person:** you can become infected by breathing in an infected person’s cough or sneeze droplets from up to 6 feet away.
• **Contaminated surfaces:** you can become infected by touching contaminated surfaces and then touching your mouth, nose, or eyes. High-risk surfaces include door handles, elevator buttons, counters, cellphones, and surfaces in common areas.

HOW CAN I PROTECT MYSELF?
• Stay 6+ feet away from others (“social distancing”). Avoid sharing personal items with people who are sick.
• Avoid touching your eyes, nose, and mouth.
• Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
• Regularly clean surfaces and frequently touched objects.
• Wash your hands with soap and water for at least 20 seconds or use a hand sanitizer containing at least 60% alcohol if soap and water are not available.

WHAT ARE THE SYMPTOMS OF COVID-19?
• The main symptoms feel like the flu or a really bad cold: fever, cough, shortness of breath/difficulty breathing, and fatigue.
• These symptoms show up 2–14 days after you’ve been exposed to the virus. People at increased risk include those with underlying health conditions, including heart disease, lung disease such as asthma/COPD, diabetes, or HIV, or people who are immunocompromised, or over age 60.

WHAT SHOULD I DO IF I FEEL SICK?
• If you are having trouble breathing, suddenly feel drowsy or confused, or notice your lips or face turning blue, call 911.
• Most people with mild symptoms can recover.
• If you must see a doctor, call beforehand, avoid public transport, and wear a mask if you have one.

SAFER DRUG USE
• Minimize the need to share your supplies and prepare your drugs yourself.
• Minimize contact with others. Use services like neverusealone.com to get virtual support.
• Keep your space (and your hands) clean.
• Stock up on supplies and drugs and prepare for a drug shortage.
• Have an overdose prevention plan.

IF YOU ARE ON THE STREET
• Try to have tents at least 12 feet apart to distance yourself from others.
• Find an open public restroom and wash your hands often.
• Stay clear if you’re sick and wear a mask if you have one.
• Red/green cards have been distributed for tents. Display the red side if you need medical attention.

WHERE CAN I GO?
CALL CARES at (808) 832-3100 for support with substance use or questions about COVID-19

HAWAI‘I HEALTH & HARM REDUCTION CENTER
677 Ala Moana Blvd Suite 226, Honolulu
(808) 521-2437

PUNAWAUI REST STOP
431 Kuwili Street, Honolulu

INSTITUTE FOR HUMAN SERVICES (IHS)
MEN’S SHELTER: 350 Sumner St
WOMEN’S SHELTER: 546 Ka'a'ahi St

LEARN MORE: HAWAIICOVID19.COM AND HEALTH.HAWAII.GOV/BHHSURG/