

# 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:

## Take steps to protect yourself



### Clean your hands often

Wash your hands often with soap and water for at least 20 seconds, especially after going to the bathroom; before eating; and after blowing your nose, coughing, or sneezing.

If soap and water are not readily available, use an alcohol-based hand sanitizer with at least 60% alcohol. Always wash your hands with soap and water if they are visibly dirty.

### Avoid touching your eyes, nose, and mouth.



**Avoid close contact with people who are sick.** Put distance between yourself and other people if COVID-19 is spreading in your community. This is especially important for those who are at a higher risk of getting sick.

HMoW volunteers are asked to follow the social distancing protocol of having minimal contact with clients (e.g. leaving the food on clients' tables).



## Take steps to protect others

**Stay home when you are sick,** except to get medical care.



**Cover coughs and sneezes,** covering your mouth and nose with a tissue or use the inside of your elbow. Throw used tissues in the trash.



### Wear a facemask if you are sick

**If you are sick:** You should wear a facemask when you are around other people (e.g., sharing a room or vehicle) and before you enter a healthcare provider's office.

**If you are NOT sick:** You do not need to wear a facemask unless you are caring for someone who is sick (and they are not able to wear a facemask).



### Clean and disinfect frequently

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

**For more information, go to [cdc.gov](https://www.cdc.gov) or call 211.** Source: Centers for Disease Control (March 11, 2020)



All meals are prepared in a commercial environment with strict health and safety standards, including the use of gloves and hairnets. Volunteers are asked not to deliver meals if they are sick. Hawai'i Meals on Wheels is following virus prevention guidelines from the Centers for Disease Control and Prevention, Hawai'i Department of Health, and Meals on Wheels America and continues to uphold health standards, including sanitizing all delivery equipment daily.