



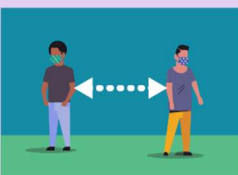
6 W's to Wellness

[Help stop the spread of COVID-19]



Wear a face covering

- Wear a face covering in public places.
- Wear it correctly: covering your mouth, nose, and chin.
- Wash it after wearing.



Watch your distance

- Stay at least 6 feet apart from people not in your household.
- If walking or exercising, allow even more space when directly behind others.



Wash your hands

- Use soap and warm water.
- Scrub hands for at least 20 seconds.
- Wash all parts of your hands: palms, back of hands, fingers, and thumbs.
- Use hand sanitizer when soap and water are not available.



Wipe down surfaces

- Clean high-use areas often, such as remotes, cell phones, door handles, counter tops, light switches, and other items.
- Use an EPA-approved cleaner.



Wide open areas

- Keep groups and gatherings to less than 10 people.
- Greet friends outdoors with a lot of open space and good air flow.



Wellness: Only go out when 100% well

- Stay home if feeling sick, even if your symptoms are mild.
- If sick, follow up with your doctor.
- Call 9-1-1 if your symptoms are severe.

Stay informed: <https://health.hawaii.gov/coronavirusdisease2019>