



COVID-19 EMERGENCY SIGNS

English	Hawaiian
<b>What are symptoms of COVID-19?</b>	<b>He aha nā pilikia o ka ma‘i COVID-19?</b>
<p>There is a wide range of symptoms, but common symptoms include:</p> <ul style="list-style-type: none"><li>• Fever</li><li>• Chills</li><li>• Cough or shortness of breath</li><li>• Fatigue</li><li>• Muscle and body aches</li><li>• New loss of taste or smell</li><li>• Sore throat</li><li>• Diarrhea</li><li>• Nausea or vomiting</li></ul>	<p>He nui nā pilikia o ka ma‘i COVID-19. Penei:</p> <ul style="list-style-type: none"><li>• Ka piwa</li><li>• Ka naka</li><li>• Ke kunukunu a i ‘ole ka hiki ‘ole ke hanu maika‘i</li><li>• Ka unā</li><li>• Ka ‘eha‘eha o ke ‘a‘a huki</li><li>• Ka hiki ‘ole ke ho‘ā‘o i ka ‘ono a honi i ke ‘ala</li><li>• Ka pu‘u ‘eha</li><li>• Ka palahī</li><li>• Ka pailua a i ‘ole lua‘i</li></ul>
<p>Sometimes, symptoms are different in Elders. Other signs to look out for include:</p> <ul style="list-style-type: none"><li>• Decreased ability to do usual daily activities</li><li>• Racing heart</li><li>• Dizziness when standing or sitting</li><li>• Restlessness, hallucinations, confusion</li></ul>	<p>I kekahi manawa, ‘oko‘a nā pilikia o nā kūpuna i ka ma‘i COVID-19. Eia nā pilikia hou aku e maka‘ala ai:</p> <ul style="list-style-type: none"><li>• Ka hiki ‘ole ke hana i nā hana ma‘amaui</li><li>• Ka pana ‘ino o ka pu‘uwai</li><li>• Ka pōniuniu i ke kū ‘ana a i ‘ole ka noho ‘ana</li><li>• Ka hia‘ā, ka mana‘o ‘olalau, a me ka huikau</li></ul>
<b>Symptoms may appear 2-14 days after exposure to the virus</b>	<b>Kupu a‘e paha nā pilikia 2-14 mau lā ma hope o ka hele ‘ana i kahi i laha ai ka ma‘i COVID-19</b>
<b>When should I go to an emergency room?</b>	<b>I ka wā hea e hele ai i ka haukapila?</b>
<p>The warning signs for COVID-19 include:</p> <ul style="list-style-type: none"><li>• Increased trouble breathing</li><li>• Persistent pain or pressure in your chest</li><li>• New confusion</li><li>• Inability to stay awake</li><li>• Blue lips or face</li></ul>	<p>Eia nā pilikia e maopopo ai ka ma‘i COVID-19:</p> <ul style="list-style-type: none"><li>• Ka pa‘akikī i ka hanu ‘ana</li><li>• Ka ‘eha mau a i ‘ole ke “kaumaha” ma ka umauma</li><li>• Ka huikau</li><li>• Ka maka hiamoe ‘ino</li><li>• Ka uliuli o ka helehelena a i ‘ole nā lehelehe</li></ul>
<b>If you see any of these symptoms you should go to your nearest emergency room or medical provider <u>immediately</u></b>	<b>E hele <u>koke</u> i ka haukapila i kou manawa e ‘ike ai i kekahi o kēia mau pilikia.</b>