



Travel to Cities and Populated Areas During COVID-19

English	Hawaiian
This is a public service announcement about the coronavirus or Covid-19 disease outbreak.	He ho'olaha kēia no ka ma'i ahulau 'o Corona a i 'ole COVID-19.
What are the risks of traveling?	Pehea e pō'ino ai i ka huaka'i hele?
If you travel into a new community where coronavirus is spreading, you might get infected while you are traveling.	Inā 'oe huaka'i hele i kahi e laha ana ka ma'i COVID-19, hiki paha ke loa'a 'oe i ia ma'i.
Traveling is even riskier if you or someone you live with is an Elder, because Elders are at increased risk of getting very sick from COVID-19.	'O'i aku ka pilikia o ka huaka'i hele inā 'oe noho pū me ke kupuna, no ka mea 'ino loa ka pilikia o nā kūpuna i ka ma'i COVID-19.
Also, if you live in a community where coronavirus is spreading, you could also infect others by traveling.	A inā 'oe noho ma kahi e laha ana ia ma'i, hiki paha iā 'oe ke ho'olaha i ia ma'i i ka lehulehu.
Because of this, it is important not to travel if you are sick, or if you have been around someone with COVID-19 in the last two weeks.	No laila, mai huaka'i hele inā 'oe ma'i a i 'ole pili pū 'oe me kekahi kanaka loa'a i ke COVID-19 he anahulu a 'oi iki ma mua.
Because all travel has inherent risks, it is best to stay in your own community as much as possible.	Hiki ke pō'ino kākou ma nā huaka'i hele a pau, no laila, e aho ka noho 'ana ma kou kaiāulu pono'i.
If I am traveling, how can I stay safe?	Pehea e huaka'i palekana ai?
If you must travel, there are several things you can do to stay safe. Most importantly, wash your hands as often as possible using hand sanitizer or soap and water for 20 seconds, if these are available.	Inā he pono ka huaka'i hele 'ana, eia kekahi mau hana e palekana ai ka huaka'i. 'O ka hana ko'iko'i loa ka holo'i lima pinepine me ka wai ho'oma'ema'e lima a i 'ole ke kopa no 20 mau kekona, ke loa'a.
If available, pack enough hand sanitizer to last for the entire trip.	Ke loa'a, e lawe i ka wai ho'oma'ema'e lima no ka manawa o ka huaka'i holo'oko'a.
Avoid touching your nose, mouth, or face. Avoid close contact with others, staying 6 feet away whenever possible.	Mai ho'opā i kou ihu, waha, a i 'ole kou helehena. E noho ka'awale mai nā kānaka 'ē a'e he 6 mau kapua'i ke ka'awale.
Wear a mask or cloth face covering when in public.	E pale i kou waha me kekahi pale waha i kou hele 'ana i waho.
Cover coughs and sneezes with you elbow, not your hands.	E kaomi i ke kunukunu 'ana a me ke kihe 'ana me ke ku'eku'e lima, 'a'ole me nā lima.
Do not eat at restaurants. Instead, pick-up food or cook your own food whenever possible.	Mai 'ai ma nā hale 'aina. E ki'i i ka mea'ai ma kahi o ka hele hale 'aina a i 'ole e ho'omākaukau i kāu mea'ai pono'i.
And lastly, remember to travel only when absolutely necessary. Minimizing travel will help keep you, your family, your community, and neighboring communities healthy.	E huaka'i hele inā he pono. Mai huaka'i hele no ka ho'onanea. He kōkua ia no ke ola kino pono o kou 'ohana, kou kaiāulu, a me nā kaiāulu 'ē a'e.