



One Kalakaua Senior Living CORONAVIRUS (COVID-19) 4/30/21

This memo is also on our website at www.onekalakaua.net

This is an update to prior updates:

Update #1 distributed 2/3/20
Update #2 posted 2/10/20
Update #3 posted 2/24/20
Update #4 distributed 3/9/20
Update #5 distributed 3/18/20
Update #6 distributed 3/24/20

Update #7 distributed 4/20/20
Update #8 distributed 5/19/20
Update #9 distributed 6/29/20
Update #10 distributed 8/26/20
Update #11 distributed 9/29/20
Update #12 distributed 10/30/20

Update #13 distributed 11/30/20
Update #14 distributed 12/21/20
Update #15 distributed 1/27/21
Update #16 distributed 2/25/21
Update #17 distributed 3/31/21

VACCINE UPDATE

As you are all aware, on March 16, 2021 we held our third and final on-site COVID-19 vaccine clinic with Walgreens. We had an amazing turnout and 97% of our residents have now been fully vaccinated. All new move-ins and new employees are also being asked to get the vaccine. **Now that vaccine appointments are open to anyone 16 years or older, please encourage your family members, loved ones and friends to get their vaccine! As we start to move towards opening up more in the future, this will be critical in safely allowing visits in our community.** If you didn't already receive your vaccination, please contact the RCS Office at (808)983-4421 and they will assist you with finding an outside vaccination location to receive your vaccine.

Again reminding that while we are all very excited to have completed our COVID vaccination, **we still need to be very cautious!** At this time, we do not have enough evidence showing that the COVID-19 vaccine will prevent transmission of the virus and are unsure if the vaccine will prevent asymptomatic carriers from unknowingly spreading the virus to others. It may be possible that even though a person has been vaccinated, he/she can still be infected, remain asymptomatic and spread the virus. We are still learning about how long and how effective the vaccine will be in the real world. New variants of the virus continue to be discovered on a fairly regular basis and have recently been shown to infect already vaccinated individuals. In fact, case counts have been quite high lately. So again, we cannot let our guard down!

We continue to remind everyone that until **both** One Kalakaua **and** the outside community are 70-75% or greater vaccinated (herd immunity) we will not be able to fully open our facility services. Currently, only 34% of Honolulu County's population has been fully vaccinated (received all doses of the vaccine). **Remember, the vaccine is simply an additional layer of protection that enhances the infection prevention measures that we already have in place** (Ipad screening/temp checks, limiting visitors, enhanced cleaning, masking, social distancing, hand hygiene, etc.), it is neither a cure nor 100% protection.

HONOLULU STATUS

Honolulu moved into Tier 3 on 2/25/21 (see www.oneoahu.org for more information on Honolulu's Reopening Strategy announced on 9/23/20). Over the past several weeks the case counts have spiked back to Tier 2 numbers. The governor and mayor opted to pause moving back to Tier 2 and instead evaluate and further monitor the situation until at the earliest May 5. It is unclear at this time if Honolulu will be moving back to Tier 2 or remain at Tier 3, however we are closely monitoring the situation. We again remind everyone that due to our high risk/vulnerable senior population, we will not make our facility's reopening changes exactly at the same time the government makes them. We continue to be very

cautious and have greater restrictions than the public. You can always expect a lag in the changes as we review the state's updated guidelines and make the necessary adjustments to best accommodate our residents and staff in the safest manner.

There is expected to be some changes to the interisland travel requirements mid-May however, at this time, **One Kalakaua's 14 day quarantine for residents for all travel remains in effect.**

FACILITY STATUS - Effective 5/1/21


On 4/1/21, we were very pleased that with some careful consideration of required precautions, the high in-house vaccination rate, the move to Tier 3, and a lot of planning, we were able to move forward with restarting some of our common area leisure activities. This included some smaller (10 or less in room) group activities and fitness classes. **In May, at 5/1/21, we will further add back a dance class (note: due to safety reasons, this class will not be available on Channel 901).**

All classes continue to require advance sign up with the Front Desk. For fitness class and fitness room sign-ups, please remember monthly sign up forms are located on each residential floor near the elevator and also in the lobby and must be turned in to the plastic drop box in the lobby (located by the payment slot) by the 15th day of the month prior. For your convenience we will also be continuing to offer floor activities and televise some activities and fitness classes over Channel 901. 1 to 1 personal training with our Fitness Instructors also continues to be available. Please contact the Front Desk to leave a message for the Fitness Instructors if you are interested.

We have also opened up the common area rooms to allow for up to 10 residents however mask wearing, social distancing and hand hygiene continue to be required.

AND FOR THE NEWS EVERYONE HAS BEEN WAITING FOR....DRUM ROLL....DINING WILL OPEN IN JUNE!! We are tentatively planning to open dining at 50% capacity to residents only (no caregivers) starting on Sunday, 6/6/21 (by floor assignments). We will also be opening up the morning coffee service for takeout only. Please see next month's memo for more information on these very exciting plans!

Below is the tentative plan for the next few months. This schedule is subject to change should the COVID-19 situation/Honolulu Tier status change.

	MAY '21	JUNE '21	JULY '21
VISITORS	<u>Inside Facility:</u> Visitors allowed with badge for urgent / medical needs. No one under the age of 18. <u>Outside Facility:</u> Visits continue to be permitted. In addition, visits with children under the age of 18 are permitted outside if the child is able to follow all infection	<u>Inside Facility:</u> Visitors allowed with badge for urgent / medical needs. No one under the age of 18. <u>Outside Facility:</u> Visits continue to be permitted. In addition, visits with children under the age of 18 are permitted outside if the child is able to follow all infection	TBD*

	control guidelines (masking, hand hygiene, social distancing).	control guidelines (masking, hand hygiene, social distancing).	
FITNESS CLASSES	10 people or less. -In person classes by sign up. -Residents only (no caregivers). -Also available via Channel 901 (except dance class). -9 residents/1 instructor. -Must mask, social distance 6 feet or more, and sanitize hands.	10 people or less. -In person classes by sign up. -Residents only (no caregivers). -Also available via Channel 901 (except dance class). -9 residents/1 instructor. -Must mask, social distance 6 feet or more, and sanitize hands.	TBD*
FITNESS ROOM (our gym)	By reservation.	By reservation.	TBD*
1 TO 1 PERSONAL FITNESS TRAINING	By appointment.	By appointment.	By appointment.
POOL / SPA	1 person at a time. -Sign up required at Front Desk. -One hour increments.	1 person at a time. -Sign up required at Front Desk. -One hour increments.	TBD*
COMMON AREA ROOMS	10 people or less. -Must mask, social distance 6 feet or more, and sanitize hands.	TBD*	TBD*
COMMUNAL DINING (Dining Room use)	Closed. -In room meal delivery continues.	Modified Opening (6/6/21) <i>More information coming in next month's memo.</i> -50% capacity/rotating floors. -Residents only (no caregivers). -Morning coffee service. -In room meal delivery continues.	TBD*
BEAUTY SALON (limited days/hours)	5 residents or less. -No outside clients.	5 residents or less. -No outside clients.	TBD*
GROUP ACTIVITIES	10 people or less. -In person classes by sign up. -9 residents/1 instructor. -Must mask, social distance 6 feet or more, and sanitize hands.	TBD*	TBD*

*Will be evaluated based on tier status at that time.

IMPORTANT REMINDERS:

- **SOCIAL/GROUP GATHERING REMINDERS:** Although we have been vaccinated and we all miss family/friends and want to spend time with them, until the majority of the outside community is vaccinated, our senior population remains a high risk group. Let's do our best to limit group and family gatherings for the next few months so that we have many more years to spend with our loved ones! It is very important that COVID-19 precautions (social distancing, hand sanitization, wearing masks) stay at the forefront of our minds and our actions.

- **VISITATION:**

Inside Facility: Visitors allowed with badge for urgent / medical needs. No one under the age of 18 permitted. Must sign in at the lpad and do temperature screening before entering the building and must also wear a mask and sanitize before entering. These urgent or medical only visits are limited to one person per visit (and limited to a primary person, no varying people).

Outside Facility: Visits continue to be permitted. In addition, visits with children under the age of 18 are permitted outside if the child is able to follow all infection control guidelines (masking, hand hygiene, social distancing).

Realtors/Owners: May continue to hold private showings of their unit (one on one) for sale/rental purposes. No group showings and no touring of common areas allowed. Badges are required (please see the Front Desk 8a-6p Monday – Friday, no badges are issued on the weekends). Only urgent repairs allowed.

- **OUTINGS:** Follow the health recommendations for seniors and try to limit going out unless absolutely necessary (ie: medical appts.). When going out remember to always wear your mask, practice good hand hygiene (wash or sanitize hands frequently), and practice social distancing. **Reminder: For medical appointments, such as going out to see your physician, dentist, dialysis, etc. please contact the RCS department prior to attending your appointment for instruction/guidance and precautions to take.**
- **RETURNS FROM HEALTHCARE FACILITIES:** All emergency room, hospital visits, or admissions to other healthcare facilities will be required to quarantine for a minimum of 14 days upon return to the facility.
- **TRAVEL:** Continue to avoid any travel (international, domestic, interisland, cruise). Residents returning from any travel will continue to be required to quarantine for a minimum of 14 days.
- **NEW MOVE-INS:** All new move-ins will continue to be required to quarantine in their unit for a minimum of 14 days.
- **GENERAL INFECTION CONTROL REMINDERS.**
 - ✓ Continue practicing social distancing (6 feet or more apart).
 - ✓ Utilize the MPR/Garden/Pool areas or view Channel 901 at designated fitness class times to do independent exercising such as walking and stretching. Be sure to continue to socially distance in these areas as well.
 - ✓ Practice good infection control and WASH OR SANITIZE YOUR HANDS frequently.
 - ✓ Wear a clean mask at all times while outside of your apartment. **Be sure your mask covers your nose and mouth.**
 - ✓ **If you aren't feeling well, call your healthcare provider and the RCS dept. at 983-4421 and remain in your unit.**

We will continue to monitor the situation in the outside community and will make any adjustments to our COVID measures accordingly. The health of our residents is of the utmost importance and some of our changes may become permanent protocol as we evaluate best practices for the safety and welfare of our residents and staff into the future.



One Kalakaua Senior Living CORONAVIRUS (COVID-19) 3/31/21

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Update #13 distributed 11/30/20
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Update #16 distributed 2/25/21

VACCINE UPDATE

On March 16, 2021 we held our third and final vaccine clinic with Walgreens coming on site to administer the COVID-19 vaccine at no charge to our residents. We had an amazing turnout and 97% of our residents have now been vaccinated. CONGRATULATIONS! If you didn't already receive your vaccination, please contact the RCS Office at (808)983-4421 and they will assist you with finding an outside vaccination location to receive your vaccine.

While we are all very excited to complete this first step in helping to slow the spread of COVID-19, **we still need to be very cautious!** At this time, we do not have enough evidence showing that the COVID-19 vaccine will prevent transmission of the virus and are unsure if the vaccine will prevent asymptomatic carriers from unknowingly spreading the virus to others. It may be possible that even though a person has been vaccinated, he/she can still be infected, remain asymptomatic and spread the virus. We are still learning about how long and how effective the vaccine will be in the real world. New variants of the virus continue to be discovered on a fairly regular basis and have recently been shown to infect already vaccinated individuals. So again, we cannot let our guard down!

We continue to remind everyone that until **both** One Kalakaua **and** the outside community are 70% or greater vaccinated (herd immunity) we will not be able to fully open our facility services. Currently, only 24% of Oahu's population has been vaccinated. **The vaccine is simply an additional layer of protection that enhances the infection prevention measures that we already have in place** (Ipad screening/temp checks, limiting visitors, enhanced cleaning, masking, social distancing, hand hygiene, etc.).

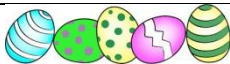
HONOLULU STATUS


Honolulu moved into Tier 3 on 2/25/21 (see www.oneoahu.org for more information on Honolulu's Reopening Strategy announced on 9/23/20). Unfortunately over the past week the case counts have spiked back to Tier 2 numbers. It is unclear at this time if Honolulu will be moving back to Tier 2 however we are closely monitoring the situation. We again remind everyone that due to our high risk/vulnerable senior population, we will not make our facility's reopening changes exactly at the same time the government makes them. We continue to be very cautious and have greater restrictions than the public. You can always expect a lag in the changes as we review the state's updated guidelines and make the necessary adjustments to best accommodate our residents and staff in the safest manner. There has also been several changes to the travel requirements by the government, however, **One Kalakaua's 14 day quarantine for residents for all travel remains in effect.**

FACILITY STATUS - Effective 4/1/21

Effective 4/1/21, we are very pleased to announce that with some careful consideration of required precautions, the high in-house vaccination rate, the recent move to Tier 3, and a lot of planning, we will move forward with our plans to restart some of our common area leisure activities. This will include some smaller (10 or less in room) group activities and fitness classes. All will require advance sign up with the Front Desk. For fitness class and fitness room sign-ups, please remember monthly sign up forms are located on each residential floor near the elevator and also in the lobby and must be turned in to the plastic drop box in the lobby (located by the payment slot) by the 15th day of the month prior. For your convenience we will also be continuing to offer floor activities and televise some activities and fitness classes over Channel 901. 1 to 1 personal training with our Fitness Instructors also continues to be available. Please contact the Front Desk to leave a message for the Fitness Instructor if you are interested.

We have also opened up the common area rooms to allow for more residents however mask wearing, social distancing and hand hygiene continue to be required. Below is the tentative plan for the next few months. This schedule is subject to change should the COVID-19 situation/Honolulu Tier status change.

	APRIL '21	MAY '21	JUNE '21
VISITORS	<u>Inside Facility:</u> Visitors allowed with badge for urgent / medical needs. No one under the age of 18. <u>Outside Facility:</u> Visits continue to be permitted. In addition, visits with children under the age of 18 are permitted outside if the child is able to follow all infection control guidelines (masking, hand hygiene, social distancing).	TBD*	TBD*
FITNESS CLASSES	10 people or less. -In person classes by sign up. -Also available via Channel 901. -9 residents/1 instructor. -Must mask, social distance 6 feet or more, and sanitize hands.	10 people or less. -In person classes by sign up. -Also available via Channel 901. -9 residents/1 instructor. -Must mask, social distance 6 feet or more, and sanitize hands.	TBD*
FITNESS ROOM (our gym)	By reservation.	By reservation.	TBD*
1 TO 1 PERSONAL FITNESS TRAINING	By appointment.	By appointment.	By appointment.
POOL / SPA	1 person at a time. -Sign up required at Front Desk. -One hour increments.	1 person at a time. -Sign up required at Front Desk. -One hour increments.	TBD*

	APRIL '21	MAY '21	JUNE '21
COMMON AREA ROOMS	10 people or less. -Must mask, social distance 6 feet or more, and sanitize hands.	10 people or less. -Must mask, social distance 6 feet or more, and sanitize hands.	TBD*
COMMUNAL DINING (Dining Room use)	Closed. -In room meal delivery continues.	Closed. -In room meal delivery continues.	TBD*
BEAUTY SALON (limited days/hours)	5 residents or less. -No outside clients.	5 residents or less. -No outside clients.	TBD*
GROUP ACTIVITIES	10 people or less. -In person classes by sign up. -9 residents/1 instructor. -Must mask, social distance 6 feet or more, and sanitize hands.	10 people or less. -In person classes by sign up. -9 residents/1 instructor. -Must mask, social distance 6 feet or more, and sanitize hands.	TBD*

*Will be evaluated based on tier status at that time.

IMPORTANT REMINDERS:

- **SOCIAL/GROUP GATHERING REMINDERS:** Although we have been vaccinated and we all miss family/friends and want to spend time with them, until the majority of the outside community is vaccinated, our senior population remains a high risk group. Let's do our best to limit group and family gatherings for the next several months so that we have many more years to spend with our loved ones! It is very important that COVID-19 precautions (social distancing, hand sanitization, wearing masks) stay at the forefront of our minds and our actions.
- **VISITATION:**
Inside Facility: Visitors allowed with badge for urgent / medical needs. No one under the age of 18 permitted. Must sign in at the Ipad and do temperature screening before entering the building and must also wear a mask and sanitize before entering. These URGENT OR MEDICAL ONLY visits are limited to one person per visit (and limited to a primary person, no varying people).
Outside Facility: Visits continue to be permitted. In addition, visits with children under the age of 18 are permitted outside if the child is able to follow all infection control guidelines (masking, hand hygiene, social distancing).
Realtors/Owners: May continue to hold private showings of their unit (one on one) for sale/rental purposes. No group showings and no touring of common areas allowed. Badges are required (please see the Front Desk 8a-6p Monday – Friday, no badges are issued on the weekends). Only urgent repairs allowed.
- **OUTINGS:** Follow the health recommendations for seniors and try to limit going out unless absolutely necessary (ie: medical appts.). When going out remember to always wear your mask, practice good hand hygiene (wash or sanitize hands frequently), and practice social distancing. **Reminder: For medical appointments, such as going out to see your physician, dentist, dialysis, etc. please contact the RCS department prior to attending your appointment for instruction/guidance and precautions to take.**
- **RETURNS FROM HEALTHCARE FACILITIES:** All emergency room, hospital visits, or admissions to other healthcare facilities will be required to quarantine for a minimum of 14 days upon return to the facility.

- **TRAVEL:** Per CDC guidelines, continue to avoid any travel (international, domestic, interisland, cruise). Residents returning from any travel will continue to be required to quarantine for a minimum of 14 days.
- **NEW MOVE-INS:** All new move-ins will continue to be required to quarantine in their unit for a minimum of 14 days.
- **GENERAL INFECTION CONTROL REMINDERS.**
 - ✓ Continue practicing social distancing (6 feet or more apart).
 - ✓ Utilize the MPR/Garden/Pool areas to do independent exercising such as walking and stretching. Be sure to continue to socially distance in these areas as well.
 - ✓ Practice good infection control and WASH OR SANITIZE YOUR HANDS frequently.
 - ✓ Wear a clean mask at all times while outside of your apartment. **Be sure your mask covers your nose and mouth.**
 - ✓ **If you aren't feeling well, call your healthcare provider and the RCS dept. at 983-4421 and remain in your unit.**

We will continue to monitor the situation in the outside community and will make any adjustments to our COVID measures accordingly. The health of our residents is of the utmost importance and some of our changes may become permanent protocol as we evaluate best practices for the safety and welfare of our residents and staff into the future.



One Kalakaua Senior Living
CORONAVIRUS (COVID-19)
2/26/21

This memo is also on our website at www.onekalakaua.net

This is an update to prior updates:

Update #1 distributed 2/3/20 (Health Alert: 2019 Corona Virus)
Update #2 posted 2/10/20 (Corona Virus Update)
Update #3 posted 2/24/20 (Corona Virus/COVID-19 Update)
Update #4 distributed 3/9/20 (Health Alert: COVID-19)
Update #5 distributed 3/18/20 (Health Alert: COVID-19)
Update #6 distributed 3/24/20 (Coronavirus/COVID-19 Update)
Update #7 distributed 4/20/20 (Coronavirus/COVID-19)

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Update #9 distributed 6/29/20 (Coronavirus/COVID-19)
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Update #12 distributed 10/30/20 (Coronavirus/COVID-19)
Update #13 distributed 11/30/20 (Coronavirus/COVID-19)
Update #14 distributed 12/21/20 (Coronavirus/COVID-19)
Update #15 distributed 1/27/21 (Coronavirus/COVID-19)

VACCINE UPDATE

On February 16, 2021 we held our second COVID-19 vaccine clinic with Walgreens and it was a huge success. We had an amazing turnout from both residents and staff! As of this memo, 97% of our residents have been vaccinated and 75% of our employees. This gives us a combined facility rate of 87% participation. I know with this very exciting news you may be wondering “when can we get back to normal?” We continue to remind everyone that until **both** One Kalakaua **and** the outside community are 70% or greater vaccinated (herd immunity) we will not be able to fully open our facility services. The outside community is not at this point and it isn't anticipated that the outside community will reach these levels until much later in the year.

We are still learning about how effective the COVID-19 vaccine will be. While we are very excited for this first step of vaccinating our residents and staff to help to slowly move our community forward, we still need to be very cautious. We know that the vaccine helps to prevent us from developing the disease but there isn't enough data yet to show that the vaccine will have an effect on preventing transmission of the virus. We still need to learn if the vaccine will prevent asymptomatic carriers from unknowingly spreading the virus to others. At this time, from what we know, even though a person has been vaccinated, he/she can still be infected, remain asymptomatic and spread the virus. We also don't know how long the vaccine will be effective. However, with our facility having such a high participation rate, we can now definitely say that there is light at the end of the tunnel!

The third vaccine clinic will be held on 3/16/21. Appointment times will be assigned and distributed during the beginning weeks of March. **Although Walgreens had previously announced that only 2nd vaccines would be administered at this clinic, they have agreed now to administer 1st doses.** If you haven't received your vaccine, it's not too late! Contact the RCS department for more information.

IMPORTANT VACCINE REMINDERS FOR FINAL CLINIC #3 (3/16/21):

- For those who received their first dose of the vaccine at Clinic #2 (on 2/16/21), you **must** come for your 2nd dose in order for your vaccine to be fully effective. The final clinic will be held on 3/16/21. Appointments times will be preassigned and distributed via Appointment Reminders during the beginning weeks of March.

- If you missed the first two clinics, you may still get your 1st dose during this clinic. You will, however, need to take your 2nd dose outside at a participating Walgreen's Pharmacy. You will need to make this appointment online. This will be your final opportunity to receive the vaccine here at One Kalakaua. Please contact RCS at (808) 983-4421 as soon as possible if you are interested as you will need to:
 1. Review the Emergency Use Authorization information for the Moderna vaccine. Note any indications that may preclude you from receiving the vaccination.
 2. Complete a Vaccination Administration Record.
 3. Provide copies of your insurance cards.
 4. Schedule an appointment.
- Avoid receiving any other immunizations 2 weeks before or 2 weeks after your COVID-19 vaccination.
- Contact RCS at (808) 983-4421 if you have any questions.

HONOLULU STATUS


As Honolulu begins its move into Tier 3 (see www.oneoahu.org for more information on Honolulu's Reopening Strategy announced on 9/23/20), we again remind everyone that due to our high risk/vulnerable senior population, we will not make our facility's reopening changes exactly at the same time the government makes them. We continue to be very cautious and have greater restrictions than the public. You can always expect a lag in the changes as we review the state's updated guidelines and make the necessary adjustments to best accommodate our residents and staff in the safest manner. There has also been several changes to the travel requirements by the government, however, **One Kalakaua's 14 day quarantine for all travel remains in effect.**


FACILITY STATUS - Effective 3/1/21

Effective 3/1/21, we will continue with our current facility status, see table below. We will continue to hold our Fitness Classes, BINGO, and other applicable facility activities via broadcast over Spectrum Channel 901. We will also continue to offer some fun floor activities. The Fitness Room continues to be open but by reservation only. Please be reminded that you need to sign up each month in advance. Monthly sign up forms are located on each floor near the elevator and in the lobby and must be turned in to the plastic drop box in the lobby (located by the payment slot) by the 15th day of the month prior. 1 to 1 personal training with our Fitness Instructors also continues to be available. Please contact the Front Desk to leave a message for the Fitness Instructor if you are interested in these 1 to 1 services.

GOOD NEWS ON THE HORIZON...

With Honolulu moving into Tier 3, we are excited to also be preparing to open up our facility more (within the Tier 3 guidelines) hopefully on 4/1/21. Below is the tentative plan for the next few months. This schedule is subject to change should the COVID-19 situation/Honolulu Tier status change.

	MARCH '21	APRIL '21	MAY '21
Visitors	No visitors. -Urgent or medical needs only.	No visitors. -Urgent or medical needs only.	TBD*

	MARCH '21	APRIL '21	MAY '21
Fitness Classes	Via Channel 901. -Monday through Thursday various times. See Talk Story for more info.	10 people or less. -In person classes by sign up. -Also available via Channel 901. -9 residents/1 instructor. -Must mask, social distance 6 feet or more, and sanitize hands.	TBD*
Fitness Room (our gym)	By reservation.	By reservation.	TBD*
1 to 1 Personal/Fitness Training	By appointment.	By appointment.	By appointment.
Pool/Spa	1 person at a time. -Sign up required at Front Desk. -One hour increments.	1 person at a time. -Sign up required at Front Desk. -One hour increments.	TBD*
Common Area Rooms	5 people or less. -Must mask, social distance 6 feet or more, and sanitize hands.	10 people or less. -Must mask, social distance 6 feet or more, and sanitize hands.	TBD*
Communal Dining (Dining Room use)	Closed. -In room meal delivery continues.	Closed. -In room meal delivery continues.	TBD*
Beauty Salon (limited days/hours)	1 resident at a time. -No outside clients.	5 residents or less. -No outside clients.	TBD*
Group Activities	See monthly calendar.	10 people or less. -In person classes by sign up. -9 residents/1 instructor. -Must mask, social distance 6 feet or more, and sanitize hands.	TBD*

*Will be evaluated based on tier status at that time.

IMPORTANT REMINDERS (note: even after you take your 2 dose of the vaccine, we still need to follow all the below precautions until the majority of the outside community is immunized):

- **SOCIAL/GROUP GATHERING REMINDERS:** Although we have been vaccinated and we all miss family/friends and want to spend time with them, until the majority of the outside community is vaccinated, our senior population remains a high risk group. Let's do our best to limit group and family gatherings for the next several months so that we have many more years to spend with our loved ones! It is very important that COVID-19 precautions (social distancing, hand sanitization, wearing masks) stay at the forefront of our minds and our actions.
- Please remind your family and friends of the **NO VISITATION POLICY** except for urgent/medical needs. For those who have been issued colored badges for urgent/medical needs, please remind them to sign in at the Ipad and also do their temperature screen before entering the building. They must also wear a mask and sanitize before entering. **These URGENT OR MEDICAL ONLY visits are limited to one person per visit (and limited to a primary person, no varying people).**
- Realtors/owners may continue to hold private showings of their unit (one on one) for sale/rental purposes. No group showings and no touring of common areas allowed.

Badges are required (please see the Front Desk 8a-6p Monday – Friday, no badges are issued on the weekends). Only urgent repairs allowed.

- Follow the government guidelines for seniors and **do not go out unless absolutely necessary (ie: medical appts.)**. **Reminder: For medical appointments, such as going out to see your physician, dentist, dialysis, etc. please contact the RCS department prior to attending your appointment for instruction/guidance and precautions to take so that you will not be required to quarantine upon your return.**
- Continue practicing social distancing (6 feet or more apart).
- Utilize the MPR/Garden/Pool areas to do independent exercising such as walking and stretching. Be sure to continue to socially distance in these areas as well.
- Practice good infection control and WASH OR SANITIZE YOUR HANDS frequently.
- Wear a clean mask at all times while outside of your apartment. **Be sure your mask covers your nose and mouth.**
- Continue to avoid any travel (international, domestic, interisland, cruise). Residents returning from any travel will continue to be required to quarantine in their unit for a minimum of 14 days.
- Residents returning to OneK from the emergency room/hospital or any healthcare facility will continue to be required to quarantine in their apartment for a minimum of 14 days.
- All new move-ins will continue to be required to quarantine in their unit for a minimum of 14 days.
- **If you aren't feeling well, call your healthcare provider and the RCS dept. at 983-4421 and remain in your unit.**

We will continue to monitor the situation in the outside community and will make any adjustments to our COVID measures accordingly. The health of our residents is of the utmost importance and some of our changes may become permanent protocol as we evaluate best practices for the safety and welfare of our residents and staff into the future.



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Update #4 distributed 3/9/20 (Health Alert: COVID-19)
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Update #7 distributed 4/20/20 (Coronavirus/COVID-19)

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Update #10 distributed 8/26/20 (Coronavirus/COVID-19)
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Update #12 distributed 10/30/20 (Coronavirus/COVID-19)
Update #13 distributed 11/30/20 (Coronavirus/COVID-19)
Update #14 distributed 12/21/20 (Coronavirus/COVID-19)

VACCINE UPDATE

On January 18, 2021 we held our first COVID-19 vaccine clinic with Walgreens and it was a huge success. We had an amazing turnout from both residents and staff! We expect that after the 2nd clinic, over 90% of our resident/employee population will have been vaccinated. This is great news because until our facility and the outside community have at least 70% immunization rates, we will not be able to relax our COVID-19 restrictions.

IMPORTANT UPDATE: Walgreens has changed our second clinic date to 2/16/21 (was previously 2/18/21) watch your mailboxes for your new appointment reminder.

IMPORTANT VACCINE REMINDERS:

- For those who received their first dose of the vaccine, you **must** come for your 2nd dose in order for your vaccine to be fully effective. The next clinic will be held on 2/16/21 from 10a-6p. Appointment times will be preassigned and distributed via Appointment Reminders next week.
- If you missed the first clinic, you **must** come to the 2nd clinic if you want to get your vaccine here at One K at no charge. This will be your **final opportunity** to start your 2 dose series. Please contact RCS at (808) 983-4421 as soon as possible if you are interested as you will need to:
 1. Review the Emergency Use Authorization information for the Moderna vaccine that has been attached to this memo. Note any indications that may preclude you from receiving the vaccination.
 2. Complete a Vaccination Administration Record.
 3. Provide copies of your insurance cards
 4. Schedule an appointment
- Avoid receiving any other immunizations 2 weeks before or 2 weeks after your COVID-19 vaccination.
- Contact RCS at (808) 983-4421 if you have any questions.

HONOLULU STATUS

We will continue on Tier 2 as we have not met the criteria to move to Tier 3 (see www.oneoahu.org for more information on Honolulu's Reopening Strategy announced on

9/23/20). Since then, there have been several changes to the travel requirements by the government, **however, One Kalakaua's 14 day quarantine for all travel remains in effect.**


There has been an uptick in positive cases in the outside community and we need to remember, that due to our high risk/vulnerable senior population, we will not make our facility's reopening changes exactly at the same time the government makes them. We continue to be very cautious and have greater restrictions than the public and you can always expect a lag in the changes as we review the state's updated guidelines and make the necessary adjustments to best accommodate our residents and staff in the safest manner.

FACILITY STATUS - Effective 2/1/21

Effective 2/1/21, we will continue with our current facility status, see table below. We will continue to hold our Fitness Classes, BINGO, and other applicable facility activities via broadcast over our new Spectrum Channel 901. Please remember however, that this new channel is subject to restrictions under the Spectrum contract and applicable laws and thus we will not be able to cast copyrighted DVDs/movies, UH Pay-Per-View Sports, etc. We will also continue to offer some fun floor activities.

The Fitness Room continues to be open but by reservation only. Please be reminded that you need to sign up each month in advance. Monthly sign up forms are located on each floor near the elevator and in the lobby and must be turned in to the plastic drop box in the lobby (located by the payment slot) by the 15th day of the month prior. 1 to 1 personal training with our Fitness Instructors also continues to be available. Please contact the Front Desk to leave a message for the Fitness Instructor if you are interested in these 1 to 1 services.

Below is the tentative plan for the next few months. This schedule is subject to change should the COVID-19 situation/Honolulu Tier status change.

	FEBRUARY '21	MARCH '21	APRIL '21
Visitors	No visitors (urgent or medical needs only)	No visitors (urgent or medical needs only)	TBD*
Fitness Classes	Via Channel 901 (Monday-Thursday various times. See Talk Story for more info.)	Via Channel 901 (Monday-Thursday various times. See Talk Story for more info.)	TBD*
Fitness Room (our gym)	By reservation	By reservation	TBD*
1 to 1 Personal/Fitness Training	By appointment	By appointment	By appointment
Pool/Spa	1 person at a time (sign up required at Front Desk/one hour increments)	1 person at a time (sign up required at Front Desk/one hour increments)	TBD*
Common Area Rooms	5 people or less (must mask, social distance 6 feet or more, and sanitize hands)	5 people or less (must mask, social distance 6 feet or more, and sanitize hands)	TBD*
Communal Dining (Dining Room use)	Closed (in room meal delivery continues)	Closed (in room meal delivery continues)	TBD*
Beauty Salon (limited days/hours)	1 resident at a time (no outside clients)	1 resident at a time (no outside clients)	TBD*
Group Activities	See monthly calendar	See monthly calendar	TBD*

*Will be evaluated based on tier status at that time

IMPORTANT REMINDERS (note: even after you take your vaccine (2 dose series), we still need to follow all the below precautions until the majority of our staff, residents, and the outside community is immunized):

- **SOCIAL/GROUP GATHERING REMINDERS:** Although we all miss family/friends and want to spend time with them, until the majority of our residents, staff and outside community is vaccinated, you are at the highest risk of contracting COVID-19. Let's do our best to limit group and family gatherings for the next several months so that we have many more years to spend with our loved ones! It is very important that COVID-19 precautions (social distancing, hand sanitization, wearing masks) stay at the forefront of our minds and our actions.
- Please remind your family and friends of the **NO VISITATION POLICY** except for urgent/medical needs. For those who have been issued colored badges for urgent/medical needs, please remind them to sign in at the lpad and also do their temperature screen before entering the building. They must also wear a mask and sanitize before entering. **These URGENT ONLY visits are limited to one person per visit (and limited to a primary person, no varying people).**
- Realtors/owners may continue to hold private showings of their unit (one on one) for sale/rental purposes. No group showings and no touring of common areas allowed. Badges are required (please see the Front Desk 8a-6p Monday – Friday, no badges are issued on the weekends). Only urgent repairs allowed.
- Follow the government guidelines for seniors and **do not go out unless absolutely necessary (ie: medical appts.).** **Reminder: For medical appointments, such as going out to see your physician, dentist, dialysis, etc. please contact the RCS department prior to attending your appointment for instruction/guidance and precautions to take so that you will not be required to quarantine upon your return.**
- Continue practicing social distancing (6 feet or more apart).
- Utilize the MPR/Garden/Pool areas to do independent exercising such as walking and stretching. Be sure to continue to socially distance in these areas as well.
- Practice good infection control and WASH OR SANITIZE YOUR HANDS frequently.
- Wear a clean mask at all times while outside of your apartment. **Be sure your mask covers your nose and mouth.**
- Continue to avoid any travel (international, domestic, interisland, cruise). Residents returning from any travel will continue to be required to quarantine in their unit for a minimum of 14 days.
- Residents returning to OneK from the emergency room/hospital or any healthcare facility will continue to be required to quarantine in their apartment for a minimum of 14 days.
- All new move-ins will continue to be required to quarantine in their unit for a minimum of 14 days.
- **If you aren't feeling well, call your healthcare provider and the RCS dept. at 983-4421 and remain in your unit.**

We will continue to monitor the situation in the outside community and will make any adjustments to our COVID measures accordingly. The health of our residents is of the utmost importance and some of our changes may become permanent protocol as we evaluate best practices for the safety and welfare of our residents and staff into the future.

**FACT SHEET FOR RECIPIENTS AND CAREGIVERS
EMERGENCY USE AUTHORIZATION (EUA) OF
THE MODERNA COVID-19 VACCINE TO PREVENT CORONAVIRUS DISEASE 2019
(COVID-19) IN INDIVIDUALS 18 YEARS OF AGE AND OLDER**

You are being offered the Moderna COVID-19 Vaccine to prevent Coronavirus Disease 2019 (COVID-19) caused by SARS-CoV-2. This Fact Sheet contains information to help you understand the risks and benefits of the Moderna COVID-19 Vaccine, which you may receive because there is currently a pandemic of COVID-19.

The Moderna COVID-19 Vaccine is a vaccine and may prevent you from getting COVID-19. There is no U.S. Food and Drug Administration (FDA) approved vaccine to prevent COVID-19.

Read this Fact Sheet for information about the Moderna COVID-19 Vaccine. Talk to the vaccination provider if you have questions. It is your choice to receive the Moderna COVID-19 Vaccine.

The Moderna COVID-19 Vaccine is administered as a 2-dose series, 1 month apart, into the muscle.

The Moderna COVID-19 Vaccine may not protect everyone.

This Fact Sheet may have been updated. For the most recent Fact Sheet, please visit www.modernatx.com/covid19vaccine-eua.

WHAT YOU NEED TO KNOW BEFORE YOU GET THIS VACCINE

WHAT IS COVID-19?

COVID-19 is caused by a coronavirus called SARS-CoV-2. This type of coronavirus has not been seen before. You can get COVID-19 through contact with another person who has the virus. It is predominantly a respiratory illness that can affect other organs. People with COVID-19 have had a wide range of symptoms reported, ranging from mild symptoms to severe illness. Symptoms may appear 2 to 14 days after exposure to the virus. Symptoms may include: fever or chills; cough; shortness of breath; fatigue; muscle or body aches; headache; new loss of taste or smell; sore throat; congestion or runny nose; nausea or vomiting; diarrhea.

WHAT IS THE MODERNA COVID-19 VACCINE?

The Moderna COVID-19 Vaccine is an unapproved vaccine that may prevent COVID-19. There is no FDA-approved vaccine to prevent COVID-19.

The FDA has authorized the emergency use of the Moderna COVID-19 Vaccine to prevent COVID-19 in individuals 18 years of age and older under an Emergency Use Authorization (EUA).

For more information on EUA, see the “**What is an Emergency Use Authorization (EUA)?**” section at the end of this Fact Sheet.

WHAT SHOULD YOU MENTION TO YOUR VACCINATION PROVIDER BEFORE YOU GET THE MODERNA COVID-19 VACCINE?

Tell your vaccination provider about all of your medical conditions, including if you:

- have any allergies
- have a fever
- have a bleeding disorder or are on a blood thinner
- are immunocompromised or are on a medicine that affects your immune system
- are pregnant or plan to become pregnant
- are breastfeeding
- have received another COVID-19 vaccine

WHO SHOULD GET THE MODERNA COVID-19 VACCINE?

FDA has authorized the emergency use of the Moderna COVID-19 Vaccine in individuals 18 years of age and older.

WHO SHOULD NOT GET THE MODERNA COVID-19 VACCINE?

You should not get the Moderna COVID-19 Vaccine if you:

- had a severe allergic reaction after a previous dose of this vaccine
- had a severe allergic reaction to any ingredient of this vaccine

WHAT ARE THE INGREDIENTS IN THE MODERNA COVID-19 VACCINE?

The Moderna COVID-19 Vaccine contains the following ingredients: messenger ribonucleic acid (mRNA), lipids (SM-102, polyethylene glycol [PEG] 2000 dimyristoyl glycerol [DMG], cholesterol, and 1,2-distearoyl-sn-glycero-3-phosphocholine [DSPC]), tromethamine, tromethamine hydrochloride, acetic acid, sodium acetate, and sucrose.

HOW IS THE MODERNA COVID-19 VACCINE GIVEN?

The Moderna COVID-19 Vaccine will be given to you as an injection into the muscle.

The Moderna COVID-19 Vaccine vaccination series is 2 doses given 1 month apart.

If you receive one dose of the Moderna COVID-19 Vaccine, you should receive a second dose of the same vaccine 1 month later to complete the vaccination series.

HAS THE MODERNA COVID-19 VACCINE BEEN USED BEFORE?

The Moderna COVID-19 Vaccine is an unapproved vaccine. In clinical trials, approximately 15,400 individuals 18 years of age and older have received at least 1 dose of the Moderna COVID-19 Vaccine.

WHAT ARE THE BENEFITS OF THE MODERNA COVID-19 VACCINE?

In an ongoing clinical trial, the Moderna COVID-19 Vaccine has been shown to prevent COVID-19 following 2 doses given 1 month apart. The duration of protection against COVID-19 is currently unknown.

WHAT ARE THE RISKS OF THE MODERNA COVID-19 VACCINE?

Side effects that have been reported with the Moderna COVID-19 Vaccine include:

- Injection site reactions: pain, tenderness and swelling of the lymph nodes in the same arm of the injection, swelling (hardness), and redness
- General side effects: fatigue, headache, muscle pain, joint pain, chills, nausea and vomiting, and fever

There is a remote chance that the Moderna COVID-19 Vaccine could cause a severe allergic reaction. A severe allergic reaction would usually occur within a few minutes to one hour after getting a dose of the Moderna COVID-19 Vaccine. For this reason, your vaccination provider may ask you to stay at the place where you received your vaccine for monitoring after vaccination. Signs of a severe allergic reaction can include:

- Difficulty breathing
- Swelling of your face and throat
- A fast heartbeat
- A bad rash all over your body
- Dizziness and weakness

These may not be all the possible side effects of the Moderna COVID-19 Vaccine. Serious and unexpected side effects may occur. The Moderna COVID-19 Vaccine is still being studied in clinical trials.

WHAT SHOULD I DO ABOUT SIDE EFFECTS?

If you experience a severe allergic reaction, call 9-1-1, or go to the nearest hospital.

Call the vaccination provider or your healthcare provider if you have any side effects that bother you or do not go away.

Report vaccine side effects to **FDA/CDC Vaccine Adverse Event Reporting System (VAERS)**. The VAERS toll-free number is 1-800-822-7967 or report online to <https://vaers.hhs.gov/reportevent.html>. Please include “Moderna COVID-19 Vaccine EUA” in the first line of box #18 of the report form.

In addition, you can report side effects to ModernaTX, Inc. at 1-866-MODERNA (1-866-663-3762).

You may also be given an option to enroll in **v-safe**. **V-safe** is a new voluntary smartphone-based tool that uses text messaging and web surveys to check in with people who have been vaccinated to identify potential side effects after COVID-19 vaccination. **V-safe** asks questions that help CDC monitor the safety of COVID-19 vaccines. **V-safe** also provides second-dose reminders if needed and live telephone follow-up by CDC if participants report a significant health impact following COVID-19 vaccination. For more information on how to sign up, visit: www.cdc.gov/vsafe.

WHAT IF I DECIDE NOT TO GET THE MODERNA COVID-19 VACCINE?

It is your choice to receive or not receive the Moderna COVID-19 Vaccine. Should you decide not to receive it, it will not change your standard medical care.

ARE OTHER CHOICES AVAILABLE FOR PREVENTING COVID-19 BESIDES MODERNA COVID-19 VACCINE?

Currently, there is no FDA-approved alternative vaccine available for prevention of COVID-19. Other vaccines to prevent COVID-19 may be available under Emergency Use Authorization.

CAN I RECEIVE THE MODERNA COVID-19 VACCINE WITH OTHER VACCINES?

There is no information on the use of the Moderna COVID-19 Vaccine with other vaccines.

WHAT IF I AM PREGNANT OR BREASTFEEDING?

If you are pregnant or breastfeeding, discuss your options with your healthcare provider.

WILL THE MODERNA COVID-19 VACCINE GIVE ME COVID-19?

No. The Moderna COVID-19 Vaccine does not contain SARS-CoV-2 and cannot give you COVID-19.


KEEP YOUR VACCINATION CARD

When you receive your first dose, you will get a vaccination card to show you when to return for your second dose of the Moderna COVID-19 Vaccine. Remember to bring your card when you return.

ADDITIONAL INFORMATION

If you have questions, visit the website or call the telephone number provided below.

To access the most recent Fact Sheets, please scan the QR code provided below.

Moderna COVID-19 Vaccine website	Telephone number
www.modernatx.com/covid19vaccine-eua 	1-866-MODERNA (1-866-663-3762)

HOW CAN I LEARN MORE?

- Ask the vaccination provider
- Visit CDC at <https://www.cdc.gov/coronavirus/2019-ncov/index.html>
- Visit FDA at <https://www.fda.gov/emergency-preparedness-and-response/mcm-legal-regulatory-and-policy-framework/emergency-use-authorization>
- Contact your state or local public health department

WHERE WILL MY VACCINATION INFORMATION BE RECORDED?

The vaccination provider may include your vaccination information in your state/local jurisdiction's Immunization Information System (IIS) or other designated system. This will ensure that you receive the same vaccine when you return for the second dose. For more information about IISs, visit: <https://www.cdc.gov/vaccines/programs/iis/about.html>.

WHAT IS THE COUNTERMEASURES INJURY COMPENSATION PROGRAM?

The Countermeasures Injury Compensation Program (CICP) is a federal program that may help pay for costs of medical care and other specific expenses of certain people who have been seriously injured by certain medicines or vaccines, including this vaccine. Generally, a claim must be submitted to the CICP within one (1) year from the date of receiving the vaccine. To learn more about this program, visit www.hrsa.gov/cicp/ or call 1-855-266-2427.

WHAT IS AN EMERGENCY USE AUTHORIZATION (EUA)?

The United States FDA has made the Moderna COVID-19 Vaccine available under an emergency access mechanism called an EUA. The EUA is supported by a Secretary of Health and Human Services (HHS) declaration that circumstances exist to justify the emergency use of drugs and biological products during the COVID-19 pandemic.

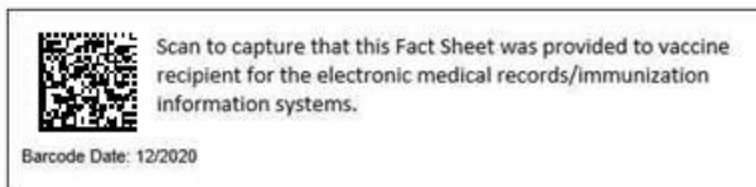
The Moderna COVID-19 Vaccine has not undergone the same type of review as an FDA-approved or cleared product. FDA may issue an EUA when certain criteria are met, which includes that there are no adequate, approved, and available alternatives. In addition, the FDA decision is based on the totality of the scientific evidence available showing that the product may be effective to prevent COVID-19 during the COVID-19 pandemic and that the known and potential benefits of the product outweigh the known and potential risks of the product. All of these criteria must be met to allow for the product to be used during the COVID-19 pandemic.

The EUA for the Moderna COVID-19 Vaccine is in effect for the duration of the COVID-19 EUA declaration justifying emergency use of these products, unless terminated or revoked (after which the products may no longer be used).

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Patent(s): www.modernatx.com/patents

Revised: 12/2020





One Kalakaua Senior Living CORONAVIRUS (COVID-19)

12/21/20

This memo is also on our website at www.onekalakaua.net

This is an update to prior updates:

Update #1 distributed 2/3/20 (Health Alert: 2019 Corona Virus)
Update #2 posted 2/10/20 (Corona Virus Update)
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Update #13 distributed 11/30/20 (Coronavirus/COVID-19)

RECENT EVENTS

This has been a very difficult year with the COVID-19 pandemic, but finally there is some **EXCITING NEWS** to ring in the New Year with! A COVID-19 vaccine will soon be available to our staff and residents. We are working on our distribution plan and you can read more about it in the attached handout, **Resident COVID-19 Vaccination Survey**.

HONOLULU STATUS

We continue on Tier 2 and have not met the criteria to move to Tier 3 (see www.oneoahu.org for more information on Honolulu's Reopening Strategy announced on 9/23/20). Since then, there have been several changes to the travel requirements by the government, **however, One Kalakaua's 14 day quarantine for all travel remains in effect.**


Reminding again, that due to our high risk/vulnerable senior population, we will not make our facility's reopening changes exactly at the same time the government makes them. We continue to be very cautious and have greater restrictions than the public and you can always expect a lag in the changes as we review the state's updated guidelines and make the necessary adjustments to best accommodate our residents and staff in the safest manner.

FACILITY STATUS - Effective 1/1/21

Effective 1/1/21, we will continue with our current facility status, see table below. The good news however is that now our fitness classes and other facility activities are being broadcast over our new Spectrum Channel 901. The Board of Directors recently approved this upgrade to our MPR AV system to be able to cast in-house programs with sound such as Fitness classes and other facility activities (BINGO, educational speakers, etc.). We went live with our broadcast of the fitness classes the end of November. Please remember however, that this new channel is subject to restrictions under the Spectrum contract and applicable laws and thus we will not be able to cast copyrighted DVDs/movies, UH Pay-Per-View Sports, etc.

The Fitness Room continues to be open, but by reservation only. Please be reminded that you need to sign up each month in advance. Monthly sign up forms are located on each floor near the elevator and in the lobby and must be turned in to the plastic drop box in the lobby (located by the payment slot) by the 15th day of the month prior. 1 to 1 personal training with our Fitness Instructors also continues to be available. Please contact the Front Desk to leave a message for the Fitness Instructor if you are interested in these 1 to 1 services.

Below is the tentative plan for the next few months. This schedule is subject to change should the COVID-19 situation/Honolulu Tier status change.

 Happy New Year	JANUARY '21	FEBRUARY '21	MARCH '21
Visitors	No visitors (urgent or medical needs only)	No visitors (urgent or medical needs only)	TBD*
Fitness Classes	Via Channel 901 (Monday-Thursday various times. See Talk Story for more info.)	TBD*	TBD*
Fitness Room (our gym)	By reservation	By reservation	TBD*
1 to 1 Personal/Fitness Training	By appointment	By appointment	By appointment
Pool/Spa	1 person at a time (sign up required at Front Desk/one hour increments)	1 person at a time (sign up required at Front Desk/one hour increments)	TBD*
Common Area Rooms	5 people or less (must mask, social distance 6 feet or more, and sanitize hands)	TBD*	TBD*
Communal Dining (Dining Room use)	Closed (in room meal delivery continues)	Closed (in room meal delivery continues)	TBD*
Beauty Salon (limited days/hours)	1 resident at a time (no outside clients)	TBD*	TBD*
Group Activities	See monthly calendar	TBD*	TBD*

*Will be evaluated based on tier status at that time

IMPORTANT REMINDERS (note: even after you take your vaccine we still need to follow all the below precautions until the majority of our staff, residents, and outside community is immunized):

- **HOLIDAY REMINDERS:** During Christmas and the New Year's holidays it is very important that COVID-19 precautions (social distancing, hand sanitization, wearing masks) stay at the forefront of our minds and our actions. Although we all miss family and want to spend time with them over the holidays, until the majority of our residents, staff and outside community is vaccinated, you are at the highest risk of contracting COVID-19. Let's do our best to limit group and family gatherings for this year so that we have many more years to spend with our loved ones!
- Please remind your family and friends of the **NO VISITATION POLICY** except for urgent/medical needs. For those who have been issued colored badges for urgent/medical needs, please remind them to sign in at the Ipad and also do their temperature screen before entering the building. They must also wear a mask and sanitize before entering. **These URGENT ONLY visits are limited to one person per visit.**
- Realtors/owners may continue to hold private showings of their unit (one on one) for sale/rental purposes. No group showings and no touring of common areas allowed. Badges are required (please see the Front Desk 8a-6p Monday – Friday, no badges are issued on the weekends). Only urgent repairs allowed.

- Follow the government guidelines for seniors and **do not go out unless absolutely necessary** (ie: medical appts.). **Reminder: For medical appointments, such as going out to see your physician, dentist, dialysis, etc. please contact the RCS department prior to attending your appointment for instruction/guidance and precautions to take so that you will not be required to quarantine upon your return.**
- Continue practicing social distancing (6 feet or more apart).
- Utilize the MPR/Garden/Pool areas to do independent exercising such as walking and stretching. Be sure to continue to socially distance in these areas as well.
- Practice good infection control and WASH OR SANITIZE YOUR HANDS frequently.
- Wear a clean mask **at all times** while outside of your apartment. **Be sure your mask covers your nose and mouth.**
- Continue to **avoid any travel** (international, domestic, interisland, cruise). Residents returning from **any travel** will continue to be required to quarantine in their unit for a minimum of 14 days.
- Residents returning to OneK from the emergency room/hospital or any healthcare facility will continue to be required to quarantine in their apartment for a minimum of 14 days.
- All new move-ins will continue to be required to quarantine in their unit for a minimum of 14 days.
- **If you aren't feeling well, call your healthcare provider and the RCS dept. at 983-4421 and remain in your unit.**

We will continue to monitor the situation in the outside community and will make any adjustments to our COVID measures accordingly. The health of our residents is of the utmost importance and some of our changes may become permanent protocol as we evaluate best practices for the safety and welfare of our residents and staff into the future.

RESIDENT
COVID-19 VACCINATION INFORMATION & SURVEY
December 21, 2020



We have all been anxiously waiting for the COVID-19 vaccination and, as you have seen on the news, Hawaii has already received its first shipments of the Pfizer vaccine. This vaccine is currently being distributed to hospitals, skilled nursing facilities (SNFs) and their staff. Assisted Living facilities, such as ours, will receive the vaccine after hospitals and SNFs and will be receiving the Moderna vaccine (which was just approved last week for an Emergency Use Authorization from the Food and Drug Administration or FDA). The FDA has found the vaccine to be safe and highly effective. The vaccine has gone through testing and clinical trials to ensure it meets the highest safety standards. We have been informed that we will be receiving our allotment of the vaccine some time during the first quarter (January-March) of 2021. Timing depends on the effectiveness of the distribution chain.

We encourage as many residents as possible to get this vaccine. The elderly have a much higher risk for getting sick, being hospitalized, or dying from COVID-19. The vaccine has been shown to provide a great deal of protection against serious illness due to COVID-19. The more residents that get vaccination, the better we can protect our community against potential outbreaks. The health and safety of our residents and staff is always our top priority, and we are confident this vaccine is a much better option than the risk of getting the virus.

As soon as the opportunity became available, One Kalakaua immediately registered our facility to receive the free distribution (paid for by the Federal Government) of the vaccine for our residents, as well as coordinated to have the distribution done on site for your convenience. Walgreens will be providing the on-site clinics for our residents once they receive our allotment. You will need to complete a consent form (which will be distributed at a later date) as well as provide your insurance information prior to receiving the vaccine. Although the vaccine itself is free during this distribution, your insurance will be billed for the administrative costs from the pharmacy. Be on the lookout for more information to come in the very near future. **Please remember that the Federal government has prioritized elderly patients and residents in long-term care/senior care facilities, like One Kalakaua, to receive the vaccine early in the process due to the high risk to the elderly population and higher morbidity rates from the COVID-19 virus.**

WHAT YOU NEED TO DO NOW

To help us prepare for the vaccination's arrival, please:

- Complete the attached "COVID-19 Vaccination Survey" (on the yellow paper) and **turn in to the Front Desk by 12/28/20** so that we can get a list of who exactly are interested in receiving the vaccine. Failure to do so could result in your not being able to participate in the free vaccine distribution.
- Read the attached information about the COVID-19 vaccination found at the end of this document.
- Contact the RCS office at 983-4421 if you need assistance completing your survey.



COVID-19 VACCINATION SURVEY

**Complete one form for each person in your unit.
Forms are due to the Front Desk by 12/28/20.**

Name: _____ Unit # _____
(please print)

- ☐ I will take the COVID-19 vaccination.
- ☐ I will NOT take the COVID-19 vaccination.

Reason: _____

Please remember that our facility will not relax our visitor/activity restrictions until such time when the majority of our residents, employees and the outside community are protected by the vaccine.

This opportunity to receive the vaccine at no charge and to have it administered here at our facility is a one-time opportunity. If you don't take advantage of one of the free clinics that will be offered, you may have to go out to your physician or other location to receive the vaccination at a later date.



COVID-19 VACCINATION SURVEY

**Complete one form for each person in your unit.
Forms are due to the Front Desk by 12/28/20.**


Name: _____ Unit # _____
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- ☐ I will take the COVID-19 vaccination.
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Answering Your Questions About the New COVID-19 Vaccines

Do clinical trial results show whether vaccines are effective?

Yes. Clinical trials provide data and information about how well a vaccine prevents an infectious disease and about how safe it is. The Food and Drug Administration (FDA) evaluates these data, along with information from the manufacturer, to assess the safety and effectiveness of a vaccine. FDA then decides whether to approve a vaccine or authorize it for emergency use in the United States.

After a vaccine is either approved or authorized for emergency use by FDA, more assessments are done before a vaccine is recommended for public use. The goal of these assessments is to understand more about the protection a vaccine provides under real-world conditions, outside of clinical trials.

After COVID-19 vaccines are approved or authorized for emergency use by FDA and recommended for public use, CDC will further assess their effectiveness. These real-world assessments will compare groups of people who do and don't get vaccinated and people who do and don't get COVID-19 to find out how well COVID-19 vaccines are working to protect people.

Why would the effectiveness of vaccines be different after the clinical trials?

Many factors can affect a vaccine's effectiveness in real-world situations. These factors can include things such as how a vaccine is transported and stored or even how patients are vaccinated. Vaccine effectiveness can also be affected by differences in the underlying medical conditions of people vaccinated as compared to those vaccinated in the clinical trials.

Assessments of vaccine effectiveness can also provide important information about how well a vaccine is working in groups of people who were not included or were not well represented in clinical trials.

How will experts evaluate the COVID-19 vaccines in real-world conditions?

Experts are working on many types of real-world studies to determine vaccine effectiveness, and each uses a different method:

- **Case-control studies** will include cases (people who have the virus that causes COVID-19) and controls (people who do not have the virus that causes COVID-19). People who agree to participate in a case-control study will provide information on whether they received a COVID-19 vaccine or not. Experts will look to see if the cases were less likely to have received the vaccine than controls, which would show that the vaccine is working.
- **A test-negative design study** will enroll people who are seeking medical care for symptoms that could be due to COVID-19. In this special type of case-control study, experts will compare the COVID-19 vaccination status of those who test positive (meaning they have COVID-19) to those who test negative (meaning they do not have COVID-19).



www.cdc.gov/coronavirus/vaccines

- **Cohort studies** will follow people who have and haven't had a COVID-19 vaccine for several months to see if getting vaccinated protects them from getting the disease. This can be done in real time (prospectively) or by looking back in time (retrospectively) using data that were already collected, such as information in participants' medical records.
- **Screening method assessments** look at vaccination status among a group of cases (for example, cases detected through ongoing COVID-19 surveillance) and compares those cases with vaccination coverage among the overall population where those cases come from (for example people from the same state). By comparing coverage between these two groups, researchers can get an early estimate of whether a vaccine is working as expected.
- **Ecologic analysis assessments** look at groups of people – such as those in different geographic locations or at different times – to find out how many were vaccinated and how many were diagnosed with COVID-19. These analyses may be hard to interpret because the number of COVID-19 illnesses has changed rapidly over time and in different places.

CDC will use several methods because they can all contribute different information about how the vaccine is working.

Will assessments determine if the vaccines protect people from severe COVID-19 illness?

Yes. Severe illness from COVID-19 is defined as needing care in a hospital or intensive care unit (ICU), needing to be on a ventilator, or dying due to COVID-19.

- Experts will assess how well COVID-19 vaccines protect people against severe illness using case-control studies among hospitalized patients.
- Experts also will use cohort studies of electronic health records to see if people hospitalized with COVID-19 received the vaccine or not.

Will assessments determine if the vaccines protect people against mild illness?

Yes. CDC will use case-control studies to assess how well COVID-19 vaccines protect people against less severe forms of COVID-19 – for example, people with COVID-19 who need to visit a doctor but don't need to be hospitalized.

Will assessments determine if the vaccines protect people who are ill with no symptoms at all?

Yes. Some people can be infected with or “carry” the virus that causes COVID-19, but they don't feel sick or have any symptoms. Experts call this asymptomatic infection. It is important to know whether COVID-19 vaccines can help lower the number of people who have asymptomatic

infection. People with asymptomatic infection can unknowingly spread the virus to others.

A special type of cohort study will find out how effective the vaccine is when people are asymptomatic. People who agree to participate will be tested for COVID-19 every week whether they have symptoms or not. Experts will then compare the proportion of people with infection who were vaccinated to the proportion of people with infection who were not vaccinated.



Who will be included in the real-world vaccine assessments?

CDC is working to make sure real-world vaccine assessments include diverse groups of people including the following:

Healthcare personnel and essential workers

Experts will rapidly assess vaccine effectiveness among healthcare personnel working in hospitals, long term care/skilled nursing facilities, or nursing homes in selected sites across the United States. These assessments will show how well COVID-19 vaccines protect healthcare personnel from getting sick or having severe illness. Assessments among healthcare personnel and essential workers will also inform how well COVID-19 vaccines protect them against getting infected, regardless of whether they have symptoms or not.

Older adults and those living in nursing homes

The risk for severe illness from COVID-19 increases with age, so making sure these vaccines protect older adults is critical. People living in nursing homes and long-term care facilities are at especially high risk of getting COVID-19 and severe disease. The Food and Drug Administration (FDA) and the Centers for Medicare and Medicaid Services (CMS) will

use CMS Medicare billing data to assess COVID-19 vaccine effectiveness among older adults, including those living in nursing homes and long-term care facilities. These data will include information about whether people received a COVID-19 vaccine, whether they got sick with COVID-19, and if they needed hospital care. This information will help inform how well the vaccine works in preventing COVID-19 and severe illness among older adults.

Experts will also use data from CDC and CMS to conduct a case-control assessment. Experts will identify older adults hospitalized for COVID-19 and older adults hospitalized for other reasons. They will then compare how many cases and controls received a COVID-19 vaccine to estimate vaccine effectiveness.

People with underlying medical conditions

To better understand how well COVID-19 vaccines protect people with underlying medical conditions who may be at increased risk for severe illness. Experts are working to make sure various real-world vaccine assessments will include adults with heart conditions, obesity, and diabetes. The real-world vaccine effectiveness assessments will also collect information about other underlying medical conditions. This information will be used to better understand how well COVID-19 vaccines protect people with underlying medical conditions.

People in racial and ethnic minority groups

Long-standing systemic health and social inequities have put many people from racial and ethnic minority groups at increased risk of getting sick and dying from COVID-19. CDC is working to ensure that real-world assessments of vaccine effectiveness include diverse populations, such as people from racial and ethnic minority groups disproportionately affected by COVID-19.

CDC also is working with the Indian Health Service (IHS), tribal nations, and other partners to ensure that these real-world assessments include American Indian and Alaska Native populations who have been disproportionately affected by COVID-19. This is important to ensure that COVID-19 vaccines can help achieve health equity, so everyone has a fair opportunity to be as healthy as possible.

These vaccines were produced so quickly. How do we know they are safe?

It is the U.S. vaccine safety system's job to make sure that all vaccines are as safe as possible. Safety has been a top priority while federal partners have worked to make COVID-19 vaccines available for use in the United States.

The new COVID-19 vaccines have been evaluated in tens of thousands of individuals, who volunteered to be vaccinated and to participate in clinical trials. The information from these clinical trials allowed the U.S. Food and Drug Administration (FDA) to determine the safety

and effectiveness of the vaccines. These clinical trials were conducted according to rigorous standards set forth by FDA.

FDA has determined that the newly authorized COVID-19 vaccines meet its safety and effectiveness standards. Therefore, FDA has made these vaccines available for use in the United States under what is known as an Emergency Use Authorization.



Will CDC continue to watch for problems with these new vaccines?

Yes. Even though no safety issues arose during the clinical trials, CDC and other federal partners will continue to monitor the new vaccines for serious side effects (known as adverse events) using many vaccine safety monitoring systems.

This continued monitoring can pick up on side effects that may not have been seen in clinical trials. If an unexpected side effect with the new COVID-19 vaccines is seen, experts can quickly study it further to determine if it is a true safety concern. Monitoring vaccine safety is critical to help ensure that the benefits of the COVID-19 vaccines continue to outweigh the risks for people who are vaccinated.

The current vaccine safety system is strong and robust, with the capacity to monitor COVID-19 vaccine safety effectively. Existing data systems can rapidly detect if a vaccine has any possible safety problems. These systems are being scaled up to fully meet the needs of the nation. Additional systems and data sources are also being developed to further enhance safety monitoring capabilities.

New vaccine safety monitoring systems and information sources

The following systems and information sources add another layer of safety monitoring, giving CDC and FDA the ability to evaluate COVID-19 vaccine safety in real time and make sure COVID-19 vaccines are as safe as possible:



- **CDC: V-SAFE** — A new smartphone-based, after-vaccination health checker for people who receive COVID-19 vaccines. V-SAFE will use text messaging and web surveys from CDC to check in with vaccine recipients for health problems following COVID-19 vaccination. The system also will provide telephone follow up to anyone who reports medically significant (important) adverse events.
- **CDC: National Healthcare Safety Network (NHSN)** — An acute care and long-term care facility monitoring system with reporting to the Vaccine Adverse Event Reporting System or VAERS
- **FDA: Other large insurer/payer databases** — A system of administrative and claims-based data for surveillance and research

Existing Safety Monitoring Systems

The safety of vaccines is monitored all the time with multiple approaches. As people get vaccinated, CDC, FDA, and other federal partners will use the following existing, robust systems and data sources to conduct ongoing safety monitoring in the following groups:

General public

- **CDC and FDA: Vaccine Adverse Event Reporting System (VAERS)** — The national system that collects reports from healthcare professionals, vaccine manufacturers, and the public of adverse events that happen after vaccination; reports of adverse events that are unexpected, appear to happen more often than expected, or have unusual patterns are followed up with specific studies
- **CDC: Vaccine Safety Datalink (VSD)** — A network of 9 integrated healthcare organizations across the United States that conducts active surveillance and research; the system is also used to help determine whether possible side effects identified using VAERS are actually related to vaccination
- **CDC: Clinical Immunization Safety Assessment (CISA) Project** — A collaboration between CDC and 7 medical research centers to provide expert consultation on individual cases and conduct clinical research studies about vaccine safety
- **FDA and the Centers for Medicare and Medicaid Services: Medicare data** — A claims-based system for active surveillance and research
- **FDA: Biologics Effectiveness and Safety System (BEST)** — A system of electronic health record, administrative, and claims-based data for active surveillance and research
- **FDA: Sentinel Initiative** — A system of electronic health record, administrative, and claims-based data for active surveillance and research

Members of the military


- **Department of Defense (DOD): DOD VAERS data** — Adverse event reporting to VAERS for the DOD populations
- **DOD: Vaccine Adverse Event Clinical System (VAECS)** — A system for case tracking and evaluation of adverse events following immunization in DOD and DOD-affiliated populations
- **DOD: DOD Electronic Health Record and Defense Medical Surveillance System** — A system of electronic health record and administrative data for active surveillance and research

Veterans

- **Department of Veterans Affairs (VA): VA Adverse Drug Event Reporting System (VA ADERS)** — A national reporting system for adverse events following receipt of drugs and immunizations
- **VA Electronic Health Record and Active Surveillance System** — A system of electronic health record and administrative data for active surveillance and research

Tribal nations

- **Indian Health Service (IHS): IHS VAERS data** — Spontaneous adverse event reporting to VAERS for populations served by IHS and Tribal facilities



Learn About the New mRNA COVID-19 Vaccines

The first two COVID-19 vaccines expected to receive authorization for use in the United States are what is known as messenger RNA vaccines—also called “mRNA” vaccines.



You and your patients may have questions about how mRNA vaccines work and how safe they are.

- Like all vaccines, these COVID-19 mRNA vaccines were tested rigorously for safety before being authorized for use in the United States.
- mRNA technology is new, but not unknown. It has been studied for decades.
- mRNA vaccines do not contain live virus and carry no risk of causing disease in the vaccinated person.
- mRNA from the vaccine never enters the nucleus of the cell and does not affect or interact with a person's DNA.

A new approach to vaccines

mRNA vaccines take advantage of the process that cells use to make proteins in order to trigger an immune response and build immunity to SARS-CoV-2, the virus that causes COVID-19. In contrast, most vaccines use weakened or inactivated versions or components of the disease-causing pathogen to stimulate the body's immune response to create antibodies.

Mechanism for Action

mRNA vaccines have strands of messenger RNA inside a special coating. That coating protects the mRNA from enzymes in the body that would otherwise break it down. The coating also helps the mRNA enter the muscle cells near the vaccination site.

mRNA vaccines tell our cells to make a piece of the “spike protein” that is found on the surface of the SARS-CoV-2 virus. Since only part of the protein is made, it does not harm the vaccine recipient, but it is antigenic and thus stimulates the immune system to make antibodies.



After the piece of the spike protein is made, the cell breaks down the mRNA strand and disposes of it using enzymes in the cell. As stated above, the mRNA strand never enters the cell's nucleus or affects the vaccine recipient's genetic material. Knowing this helps you respond to misinformation about how mRNA vaccines alter or modify someone's genetic makeup.

Once displayed on the cell surface, the protein or antigen causes the immune system to begin producing antibodies. These antibodies are specific to the SARS-CoV-2 virus spike protein, which means the immune system is ready to protect against future infection.

COVID-19 mRNA vaccines will continue to be rigorously evaluated for safety

These COVID-19 mRNA vaccines went through the same rigorous safety assessment as all vaccines do before the Food and Drug Administration authorizes them for use in the United States. This included large clinical trials and data review by a safety monitoring board.

Often, patients are concerned about live vaccines. mRNA vaccines are not live vaccines and do not use an infectious element, so they carry no risk of causing disease in the vaccinated person.

mRNA vaccines are new, but not unknown

Currently, there are no licensed mRNA vaccines in the United States. However, researchers have been studying them for decades.



www.cdc.gov/coronavirus/vaccines

mRNA vaccines have been studied for influenza, Zika, rabies, and cytomegalovirus (CMV). Recent technological advancements in RNA biology and chemistry, as well as delivery systems, have mitigated the challenges of these vaccines and improved their stability and effectiveness.

Beyond vaccines, numerous preclinical and clinical studies have used mRNA to encode cancer antigens to stimulate immune responses targeted at clearing or reducing malignant tumors.

Benefits of mRNA vaccines

mRNA vaccines have several benefits compared to other types of vaccines, including use of a non-infectious element, shorter manufacturing times, and potential for targeting multiple diseases.

mRNA vaccines can be developed in a laboratory using readily available materials. This means the process can be standardized and scaled up, making vaccine development faster than traditional methods. In the future, mRNA vaccine technology may allow for one vaccine to target multiple diseases.



Related links

- [Talking to Patients about COVID-19 Vaccines](#)
- [Patient Information: Understanding mRNA Vaccines](#)
- [FDA's Vaccine Development 101](#)
- [FDA's Emergency Use Authorization for Vaccines Explained](#)
- [FDA Infographic: The Path for a COVID-19 Vaccine from Research to Emergency Use Authorization](#)

Additional resources

- Pardi N, Hogan MJ, Porter FW, Weissman D. [mRNA Vaccines—a New Era in Vaccinology](#). *Nature Reviews. Drug Discovery*. 2018;17(4):261.
- Maruggi G, Zhang C, Li J, Ulmer JB, Yu D. [mRNA as a Transformative Technology for Vaccine Development to Control Infectious Diseases](#). *Molecular Therapy*. 2019;27(4):757–72.
- Jackson NAC, Kester KE, Casimiro D, Gurunathan S, DeRosa F. [The Promise of mRNA Vaccines: A Biotech and Industrial Perspective](#). *Npj Vaccines*. 2020;5(1):1–6.

One Kalakaua Senior Living CORONAVIRUS (COVID-19)

11/30/20

This memo is also on our website at www.onekalakaua.net



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Update #12 distributed 10/30/20 (Coronavirus/COVID-19)

Recent events

As you may recall on September 23, 2020 the Mayor announced the new Honolulu Reopening Strategy (located at www.oneoahu.org). The Reopening Strategy has Honolulu gradually opening businesses/services in a tiered process based on meeting certain metrics. Each tier remains in place for a minimum of 4 weeks before advancing to the next tier, however could change sooner to more restrictive tiers should the outside community COVID-19 case rates increase. Before moving to the next tier, we must meet the next tier level numbers for two consecutive weeks. **On October 22, 2020 Honolulu advanced from Tier 1 to Tier 2 and we have not yet met the criteria to move to Tier 3, thus Honolulu remains on Tier 2.**

On 10/15/20, Oahu also lifted its travel quarantine for transpacific visitors that have a negative COVID-19 pre-test 72 hours prior to arriving to our island. Subsequently, some international travel has also been approved with these same requirements. **However, One Kalakaua's 14 day quarantine for all travel remains in effect.**

Reminding again, that due to our high risk/vulnerable senior population, we will not make our facility's reopening changes exactly at the same time the government makes them. We continue to be very cautious and have greater restrictions than the public and you can always expect a lag in the changes as we review the state's updated guidelines and make the necessary adjustments to best accommodate our residents and staff in the safest manner.

As you may have heard in the news, a few **vaccines are nearing final approval** and are expected to be distributed to the states in the next month or two. One Kalakaua has registered and applied for priority distribution for our residents and employees. Hawaii is slated to receive 44,000 doses with the first distribution. Each person will need to receive 2 doses, 1 month apart. Although we may not be included in this first initial shipment, as a high risk community we expect that we will be included in subsequent allotments shortly thereafter. Please keep in mind that One Kalakaua's protocols will not revert back to normal operations until such time when the vast majority of the outside community and our own residents/employees are protected with the vaccine.

Facility Status - Effective 12/1/20

Effective 12/1/20, we will continue with our current facility status, see table below. **The GOOD NEWS however is that now our fitness classes and other facility activities will be broadcast over our new Channel 901.** The Board of Directors recently approved an upgrade to our MPR AV system to be able to cast in-house programs such as Fitness classes and other facility activities (BINGO, educational speakers, etc.) through a new Spectrum channel 901. We went live with our broadcast of the fitness classes on 11/23/20 and the most exciting new feature is that we now have sound! Please note however that this new channel is subject to restrictions under the Spectrum contract and applicable laws and thus we will not be able to cast copyrighted DVDs/movies, UH Pay-Per-View Sports, etc.

In November, we opened up the Fitness Room, but by reservation only. Please be reminded that you need to sign up each month in advance. Monthly sign up forms are located on each floor near the elevator and in the lobby and must be turned in to the plastic drop box in the lobby (located by the

payment slot) by the 15th day of the month prior. 1 to 1 personal training with our Fitness Instructors also continues to be available. Please contact the Front Desk to leave a message for the Fitness Instructor if you are interested in these services.

Below is the tentative plan for the next few months. This schedule is subject to change should the COVID-19 situation change.

	DECEMBER	JANUARY 2021	FEBRUARY 2021
Visitors	No visitors (urgent or medical needs only)	No visitors (urgent or medical needs only)	TBD*
Fitness Classes	Via Channel 901 (Monday-Thursday various times. See Talk Story for more information)	Via Channel 901 (Monday-Thursday various times. See Talk Story for more information)	TBD*
Fitness Room (our gym)	By reservation	By reservation	TBD*
Personal/Fitness Training	1 to 1 by appointment	1 to 1 by appointment	1 to 1 by appointment
Pool/Spa	1 person at a time (sign up required at Front Desk/one hour increments)	1 person at a time (sign up required at Front Desk/one hour increments)	TBD*
Common Area Rooms	5 people or less (must mask, social distance 6 feet or more, and sanitize hands)	5 people or less (must mask, social distance 6 feet or more, and sanitize hands)	TBD*
Communal Dining (Dining Room use)	Closed (in room meal delivery continues)	Closed (in room meal delivery continues)	Closed (in room meal delivery continues)
Beauty Salon (limited days/hours)	1 resident at a time (no outside clients)	1 resident at a time (no outside clients)	TBD*
Group Activities	Floor activities only	Floor activities only	TBD*

*Will be evaluated based on tier status at that time

CHANNEL 901 HOLIDAY BROADCASTS	
MPR Christmas Tree Decorating	11/30/20 at 10:30am
OKEAF Program (no party)	12/4/20 at 2pm
New Year's Eve Celebration	12/31/20 at 4:30pm

IMPORTANT REMINDERS (without a vaccine, the most effective way to fight COVID-19 is through preventative measures):

- **HOLIDAY REMINDERS:** Now that we are in full swing of the holiday season it is very important that COVID-19 precautions (social distancing, hand sanitization, wearing masks) stay at the forefront of our minds and our actions. Though we all miss family and want to spend time with them over the holidays, until you receive a vaccination (which may be as early as in the next few months) you are at the highest risk of contracting COVID-19. Let's do our best to limit group and family gatherings for this year so that we have many more years to spend with our loved ones!
- Please remind your family and friends of the **NO VISITATION POLICY** except for urgent/medical need. For those who have been issued colored badges for urgent/medical needs, please remind them to sign in at the Ipad and also do their temperature screen before entering the building. They must also wear a mask and sanitize before entering. **These URGENT ONLY visits are limited to one person per visit.**
- Realtors/owners may continue to hold private showings of their unit (one on one) for sale/rental purposes. No group showings and no touring of common areas allowed. Badges are required (please see the Front Desk 8a-6p Monday – Friday, no badges are issued on the weekends). Only urgent repairs allowed.

- Follow the government guidelines for seniors and **do not go out unless absolutely necessary** (ie: medical appts.). **Reminder: For medical appointments, such as going out to see your physician, dentist, dialysis, etc. please contact the RCS department prior to attending your appointment for instruction/guidance and precautions to take so that you will not be required to quarantine upon your return.**
- Continue practicing social distancing (6 feet or more apart).
- Utilize the MPR/Garden/Pool areas to do independent exercising such as walking and stretching.
- Practice good infection control and WASH OR SANITIZE YOUR HANDS frequently.
- Wear a clean mask at all times while outside of your apartment. **Be sure your mask covers your nose and mouth.**
- Continue to avoid any travel (international, domestic, interisland, cruise). Residents returning from any travel will continue to be required to quarantine in their unit for a minimum of 14 days.
- Residents returning to OneK from the emergency room/hospital or any healthcare facility will continue to be required to quarantine in their apartment for a minimum of 14 days.
- All new move-ins will continue to be required to quarantine in their unit for a minimum of 14 days.
- **If you aren't feeling well, call your healthcare provider and the RCS dept. at 983-4421 and remain in your unit.**

We will continue to monitor the situation in the outside community and will make any adjustments to our COVID measures accordingly. The health of our residents is of the utmost importance and some of our changes may become permanent protocol as we evaluate best practices for the safety and welfare of our residents and staff into the future.

One Kalakaua Senior Living CORONAVIRUS (COVID-19)

10/30/20

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On 10/15/20, Oahu also lifted its travel quarantine for transpacific visitors that have a negative COVID-19 pre-test 72 hours prior to arriving to our island. **However, One Kalakaua's 14 day quarantine for all travel remains in effect.**

Reminding again, that due to our high risk/vulnerable senior population, we will not make our facility's reopening changes exactly at the same time the government makes them. We continue to be very cautious and have greater restrictions than the public and you can always expect a lag in the changes as we review the new updated guidelines and make the necessary adjustments to best accommodate our residents and staff in the safest manner.

Effective 11/1/20

Effective 11/1/20, we will now be opening up the Fitness Room, but by reservation only. Recall back in August, we already had a Fitness Room sign-up made for September that was never used due to the shutdown. We will use that assignment for November. For those who signed up, you have already been contacted by the Leisure Dept. to notify you of your assignment. Please note, additional space openings were also made available by random drawing during the last week of October.

Moving forward, you will continue to sign up in advance in the same way for each month's Fitness Room openings. Monthly sign up forms will be located on each floor near the elevator and in the lobby and must be turned in to the plastic drop box in the lobby (located by the payment slot) by the 15th day of the month prior.

1 to 1 personal training with our Fitness Instructors is also now available. Please contact the Front Desk to leave a message for the Fitness Instructor if you are interested in these services.

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	November	December	January 2021
Visitors	No Visitors (urgent or medical needs only)	No Visitors (urgent or medical needs only)	TBD*
Fitness Classes	Via Channel 900 (Monday-Friday various times. See Talk Story for more information)	TBD*	TBD*

	November	December	January 2021
Fitness Room (our gym)	By Reservation	By Reservation	TBD*
Personal/Fitness Training	1:1 By Appointment	1:1 By Appointment	1:1 By Appointment
Pool/Spa	1 person at a time (sign up required at Front Desk/one hour increments)	1 person at a time (sign up required at Front Desk/one hour increments)	TBD*
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Update #9 distributed 6/29/20 (Coronavirus/COVID-19)
Update #10 distributed 8/26/20 (Coronavirus/COVID-19)

Recent events

On September 23, 2020 the Mayor announced the new Honolulu Reopening Strategy (located at www.oneoahu.org). Honolulu will gradually open businesses/services in a tiered process based on meeting certain metrics. Each tier will remain in place for a minimum of 4 weeks before advancing to the next tier, however could change sooner to more restrictive tiers should the outside community case rates increase. We are currently on Tier 1 of this plan.

As you may recall from prior Resident Memos/Communications, due to our high risk/vulnerable senior population, we will not always make the reopening changes exactly at the same time the government makes them. We continue to be very cautious and have greater restrictions than the public and you can always expect a lag in the changes as we review the new updated guidelines and make the necessary adjustments to best accommodate our residents and staff in the safest manner. As such, we explain below regarding some changes coming on 10/1/20.

Regarding our recent positive case

Every day, more and more facilities similar to ours (Assisted Living, Skilled Nursing, Care Homes, etc.) have increased cases of both residents and employees testing positive for COVID-19, including an increasing number of deaths. As you were all notified, earlier this month, we also had one resident positive case (brought in by an outside caregiver who was not a One K employee). We were fortunate to have contained this situation to just the one unit. On 9/24/20, we were cleared by the Department of Health and we remain diligent with all our infection control protocols that we have put in place. As such, an ALL CLEAR letter was sent to you on 9/24/20, as well as posted on our website.

Effective 10/1/20

Based on the new Honolulu plan, **effective 10/1/20, we will be reopening our common area rooms for resident use/reservations, the beauty salon and the pool/spa with restrictions.** Below is the tentative plan for the next few months, remembering that it is subject to change based on any government mandates that may come out.

	October	November	December
Visitors	No Visitors (urgent and/or medical needs only)	TBD*	TBD*
Fitness Classes	Via Channel 900 (Monday-Friday various times. See Talk Story for more information)	Via Channel 900 (Monday-Friday various times. See Talk Story for more information)	TBD*

	October	November	December
Fitness Room (our gym)	Closed	TBD*	TBD*
Personal/Fitness Training	None	TBD*	TBD*
Pool/Spa	1 person at a time (sign up required at Front Desk, one hour increments)	1 person at a time (sign up required at Front Desk, one hour increments)	TBD*
Common Area Rooms	5 people or less (must mask, social distance 6 feet or more, and sanitize hands)	5 people or less (must mask, social distance 6 feet or more, and sanitize hands)	TBD*
Communal Dining (Dining Room use)	Closed (in room meal delivery continues)	Closed (in room meal delivery continues)	Closed (in room meal delivery continues)
Beauty Salon (limited days/hours)	1 resident at a time (no outside clients)	TBD*	TBD*
Group Activities	Floor Activities only	Floor Activities only	TBD*

*Will be evaluated based on tier status at that time

IMPORTANT REMINDERS (without a vaccine, the most effective way to fight COVID-19 is through preventative measures):

- Please remind your family and friends of the **NO VISITATION POLICY** except for urgent/medical need. For those who have been issued colored badges for urgent/medical needs, please remind them to sign in at the Ipad and also do their temperature screen before entering the building. They must also wear a mask and sanitize before entering. **These URGENT ONLY visits are limited to one person per visit.**
- Realtors/owners may continue to hold private showings of their unit (one on one) for sale/rental purposes. No group showing allowed. Badges are required (please see the Front Desk 8a-6p Monday – Friday, no badges are issued on the weekends). Only urgent repairs allowed.
- Follow the government guidelines for seniors and **do not go out unless absolutely necessary** (ie: medical appts.). **Reminder: For medical appointments, such as going out to see your physician, dentist, dialysis, etc. please contact the RCS department prior to attending your appointment for instruction/guidance and precautions to take so that you will not be required to quarantine upon your return.**
- Continue practicing social distancing (6 feet or more apart).
- Utilize the MPR/Garden/Pool areas to do independent exercising such as walking and stretching.
- Practice good infection control and WASH OR SANITIZE YOUR HANDS frequently.
- Wear a clean mask at all times while outside of your apartment. **Be sure your mask covers your nose and mouth.**
- Continue to avoid any travel (international, domestic, interisland, cruise). Residents returning from any travel will continue to be required to quarantine in their unit for a minimum of 14 days.
- Residents returning to OneK from the emergency room/hospital or any healthcare facility will continue to be required to quarantine in their apartment for a minimum of 14 days.
- All new move-ins will continue to be required to quarantine in their unit for a minimum of 14 days.
- **If you aren't feeling well, call your healthcare provider and the RCS dept. at 983-4421 and remain in your unit.**

We will continue to monitor the situation in the outside community and will make any adjustments to our COVID measures accordingly. The health of our residents is of the utmost importance and some of our changes may become permanent protocol as we evaluate best practices for the safety and welfare of our residents and staff into the future.

September 24, 2020



To Our Residents, Owners, Family Members, Employees and Business Partners:

As previously communicated on 9/2/20, we informed you that despite all proactive measures taken (per CDC, Department of Health and our industry organization of similar facilities), we had a resident who tested positive (+) for COVID-19. The individual was immediately quarantined.

We then immediately followed up to mitigate the spread of the virus within our facility by removing/testing the few who possibly came into contact with the resident. The few One Kalakaua staff tested were all negative, however, it was found that the outside private Caregiver for the resident was positive and the likely source of the infection. Both resident and caregiver were quarantined and are now free and clear of COVID-19. **As such, our facility is now ALL CLEAR of this case (there has been no additional cases, thus no facility spread).**

Please refer to our latest COVID-19 Memo for continued precautions to follow for anyone who enters our facility. The latest Memo is always posted on our website at <https://onekalakaua.net>. As a reminder, all residents should minimize going out of their units unless for very urgent matters.

We know this is a difficult time for everyone and we will continue to provide you with updates as they become available. Your health and safety is the highest priority. As such, we are adhering to all directions from the state health department and even doing more to keep our facility safe.

Should you have any questions please contact us at 983-4400 and please continue to inform us if you have any illness symptoms.

Sincerely,

A handwritten signature in blue ink, appearing to be "Michelle Kakazu", is written over a horizontal line.

Michelle Kakazu, Executive Director
Dee Robinson, Administrator (Resident Care Services & Wellness Departments)

September 2, 2020



To Our Residents, Owners, Family Members, Employees and Business Partners:

We want to inform you that despite all proactive measures taken (per CDC, Department of Health and our industry organization of similar facilities), we have received confirmation today that an individual at our facility has tested positive (+) for COVID-19. This individual is a resident of our facility and is currently in isolation.

As resident and employee safety is our top priority, we took swift and immediate action to mitigate the spread of the virus within our facility. We are staying in very close communication with state health officials to ensure we are taking all the appropriate steps. We have also already contacted you with direction if it is suspected that you have come in contact with this person. If you have not been contacted, it is not suspected that you are at risk.

Please refer to our latest COVID-19 Memo for continued precautions to follow for anyone who enters our facility. The latest Memo is always posted on our website at <https://onekalakaua.net>. As a reminder, all residents should minimize going out of their units at this time (unless for very urgent matters).

We know this is a difficult time for everyone and we will continue to provide you with updates as they become available. Your health and safety is the highest priority. As such, we are adhering to all directions from the state health department and even doing more to keep our facility safe.

Should you have any questions please contact us at 983-4400 and please continue to inform us if you have any illness symptoms.

Sincerely,

A blue ink handwritten signature, appearing to read "Michelle Kakazu", is written over a horizontal line.

Michelle Kakazu, Executive Director
Dee Robinson, Administrator (Resident Care Services & Wellness Departments)

One Kalakaua Senior Living CORONAVIRUS (COVID-19)

8/26/20

This memo is also on our website at www.onekalakaua.net



This is an update to prior updates:

Update #1 distributed 2/3/20 (Health Alert: 2019 Corona Virus)

Update #2 posted 2/10/20 (Corona Virus Update)

Update #3 posted 2/24/20 (Corona Virus/COVID-19 Update)

Update #4 distributed 3/9/20 (Health Alert: COVID-19)

Update #5 distributed 3/18/20 (Health Alert: COVID-19)

Update #6 distributed 3/24/20 (Coronavirus/COVID-19)

Update #7 distributed 4/20/20 (Coronavirus/COVID-19)

Update #8 distributed 5/19/20 (Coronavirus/COVID-19)

Update #9 distributed 6/29/20 (Coronavirus/COVID-19)

Due to the alarming COVID-19 cases in our surrounding community, we have seen Governor's orders on 8/8/20 **Act with Care – Do Not Gather**, then on 8/18/20 **Act Now Honolulu – No Social Gatherings**, and on 8/25/20 we are back to a more strict **Stay at Home – Work from Home** order similar to the order from earlier this year in March.

To comply with the Act with Care – Do Not Gather order, earlier this month we cancelled all of our group activities and events. With the latest Stay at Home Order – Work from Home order, we will be making the following additional changes:

Effective Thursday, 8/27/20 through 9/30/20

- The fitness room, pool, and spa will be closed
- The beauty salon will be closed
- All common area rooms will be closed
- All leisure activities will return to floor only activities
- Fitness classes will continue to be broadcast over Channel 900
- All meals will continue to be delivered at no charge

We continue to be very cautious and have greater restrictions than the public due to our elderly/high-risk population. Every day, more and more facilities similar to ours (Assisted Living, Skilled Nursing, Care Homes, etc.) have cases of both residents and employees testing positive for COVID-19. Although we remain diligent with all our infection control protocols that we have put in place and we have been fortunate so far to not have had a case, it is now becoming more of a question as to “when” and not “if” our facility will also experience positive cases. **It is critical during this period of high community cases (many don't show symptoms) that you limit people from visiting you unless absolutely necessary. REMEMBER THAT WE CONTINUE TO HAVE A NO VISITOR POLICY (unless for very urgent matters).**

We are working hard to not only prevent COVID cases in our facility, but also to prepare should we have a case. Should this situation occur, we will have to make some necessary changes to our medical services in order to meet the care needs of our residents. Please carefully review the attached document, **WHAT SHOULD RESIDENTS EXPECT IF A COVID-19 CASE OCCURS AT ONE KALAKAUA** so that you can prepare in advance. Should you have any questions please feel free to contact Dee Robinson at (808) 983-4414 or Joy Martin at (808) 983-4760.

REMINDERS: without a vaccine, the most effective way to fight COVID-19 is through preventative measures

- Again, please remind your family and friends of the **NO VISITATION POLICY**, and for those who have been issued colored badges for urgent/medical business, please remind them to

sign in at the Ipad and also do their temperature screen before entering the building. They must also wear a mask and sanitize before entering. **These URGENT ONLY visits are limited to one person per visit.**

- Realtors/owners may continue to hold private showings of their unit (one on one) for sale/rental purposes. No group showing allowed. Badges are required (please see the Front Desk 8a-6p Monday – Friday, no badges are issued on the weekends). Only urgent repairs allowed.
- Follow the government guidelines for seniors and do not go out unless absolutely necessary (ie: medical appts.). **Reminder: For medical appointments however, such as going out to see your physician, dentist, dialysis, etc. please contact the RCS department prior to attending your appointment for instruction/guidance and precautions to take so that you will not be required to quarantine upon your return.**
- Continue practicing social distancing (6 feet or more apart).
- Utilize the MPR/Garden/Pool areas to do independent exercising such as walking and stretching.
- Practice good infection control and WASH OR SANITIZE YOUR HANDS frequently.
- Wear a clean mask at all times while outside of your apartment. Be sure your mask covers your nose and mouth.
- Continue to avoid any travel (international, domestic, interisland, cruise). Residents returning from any travel will continue to be required to quarantine in their unit for a minimum of 14 days.
- Residents returning to OneK from the emergency room/hospital or any healthcare facility will continue to be required to quarantine in their apartment for a minimum of 14 days.
- All new move-ins will continue to be required to quarantine in their unit for a minimum of 14 days.
- **If you aren't feeling well, call your healthcare provider and the RCS dept. at 983-4421 and remain in your unit.**

We will continue to monitor the situation in the outside community and will make any adjustments to our COVID measures accordingly. The health of our residents is of the utmost importance and some of our changes may become permanent protocol as we evaluate best practices for the safety and welfare of our residents and staff into the future.

Thank you for helping us keep you and our employees safe.



WHAT SHOULD RESIDENTS EXPECT IF A COVID-19 CASE OCCURS AT ONE KALAKAUA

- ❖ You will be notified immediately via:
 - A resident communication / memo distributed to your in-house mailbox.
 - Facility publications (talk story / newsletter).
 - On our website.
 - Signage posted in the facility.
- ❖ The Hawaii Department of Health (DOH) and our Medical Director, Dr. Yazawa (who also serves as the special COVID Long-Term Care Lead for the Hawaii Emergency Management Agency) will be immediately notified.
- ❖ We will implement our emergency response plan addressing this specific scenario and work closely with DOH and our Medical Director to help ensure the safety of all who live and work at One Kalakaua.
- ❖ Facility operations may be modified to mitigate further spread of the virus.
- ❖ The RCS dept. will not accept new admissions to the Assisted Living program during this time.
- ❖ All new move-ins (including and new resident orientations) will be halted and rescheduled for a later date.
- ❖ Should you be positive for COVID, you can expect:

INDEPENDENT RESIDENTS

- You will be immediately quarantined to your unit. You may not leave your unit for any reason unless you are leaving to remain with a family member during your illness or are being transferred to a medical facility. Non-urgent medical appointments must be cancelled.
- Your physician will be notified.
- No visitors will be allowed to your unit for any reason. For those residents on hospice services, special arrangements may be made through Administration for limited visitation exceptions (end of life situations only).
- Your family/responsible party will be contacted to assist you either by taking you to their home to quarantine/care for your needs or by coming to One Kalakaua and quarantining with you in your unit (limited to one person) to assist with your care needs.

Reminder: Independent residents not on the Assisted Living Program are not able to receive nursing care/services from our nursing staff (same as if you were in a condo that did not offer these services) unless previously enrolled in the Assisted Living Program.

- Should you opt to remain in your unit; RCS will provide 3 days of wellness checks at no charge. Wellness checks will entail 2 vital sign checks per day (one additional check above the normal allotted daily check), during the hours of 8a-6p.
Note: A red PPE (personal protective equipment) disposal bin will be placed in your unit and staff will arrive at your unit in full PPE gear and will dispose of PPE waste in the bin in your unit. Maintenance will pick up and dispose of waste daily.
- Your meals will be delivered to your unit at no additional charge.

- All other non-urgent services such as housekeeping, A/C maintenance, pest control, etc. will be halted.
- **Again, independent residents will need to coordinate with their family/responsible party for any additional support.**
- Should you wish to continue Wellness checks after 3 days, you may opt to extend these services at a reduced rate of \$25/appointment (normally \$70) for this COVID purpose only (provided that we have staff available to provide the service).
- You will be released / cleared from quarantine once the DOH, your physician, and our Medical Director have cleared you. Once cleared, all regular non-urgent services to your unit will resume (ie: housekeeping, A/C maintenance, pest control, etc.).

ASSISTED LIVING RESIDENTS

- You will be immediately quarantined to your unit. You may not leave your unit for any reason unless you are leaving to remain with a family member during your illness or are being transferred to a medical facility. Non-urgent medical appointments must be cancelled.
- Your physician will be notified.
- No visitors will be allowed to your unit for any reason. For those residents on hospice services, special arrangements may be made through Administration for limited visitation exceptions (end of life situations only).
- Your family/responsible party will be notified. You may opt to go home with them to quarantine and have them assist you with your care needs or they may come here to quarantine with you (limited to one person).
- Should you opt to remain in your unit; RCS will provide wellness checks every 4 hours which will include vital sign checks. Assisted Living Program service rates will apply.
Note: A red PPE (personal protective equipment) disposal bin will be placed in your unit and staff will arrive at your unit in full PPE gear and will dispose of PPE waste in the bin in your unit. Maintenance will pick up and dispose of waste daily.
- Your meals will be delivered to your unit at no additional charge.
- All other non-urgent services such as housekeeping, A/C maintenance, pest control, etc. will be halted.
- Any required additional services/monitoring will be discussed and coordinated with your physician and family/responsible party.
- You will be released / cleared from quarantine once the DOH, your physician, and our Medical Director have cleared you. Once cleared, all regular non-urgent services to your unit will resume (ie: housekeeping, A/C maintenance, pest control, etc.).

IMPORTANT NOTICE: Should the need arise, due to the amount of cases/staffing resources, all non-essential RCS services are subject to change / cancellation for all residents on the Assisted Living Program. We will notify participants individually should this need arise.

One Kalakaua Senior Living CORONAVIRUS (COVID-19)

6/29/20



This is an update to prior updates:

Update #1 distributed 2/3/20 (Health Alert: 2019 Corona Virus)
Update #2 posted 2/10/20 (Corona Virus Update)
Update #3 posted 2/24/20 (Corona Virus/COVID-19 Update)
Update #4 distributed 3/9/20 (Health Alert: COVID-19)
Update #5 distributed 3/18/20 (Health Alert: COVID-19)
Update #6 distributed 3/24/20 (Coronavirus/COVID-19)
Update #7 distributed 4/20/20 (Coronavirus/COVID-19)
Update #8 distributed 5/19/20 (Coronavirus/COVID-19)

As our local community/economy has begun to open up to kama'aina (retail stores, restaurants, offices, other businesses, interisland travel) we understand that everyone is anxious for us to start relaxing some of our current operational restrictions, however, long-term care/senior facilities like One Kalakaua will continue to be more cautious and have greater restrictions than the public due to our elderly/high-risk population.

Over the past few months, staff and residents have done a great job in practicing infection control and complying with all of our COVID-19 measures we have put in place. However due to the increased cases in the community, the virus is now making its way into long term care facilities here in Hawaii. A Harvard Medical School study showed that there is a direct correlation of cases found in nursing facilities to the prevalence of cases in the surrounding community (because it is brought in from visitors, employees, and service providers that enter the facility from the outside community). It was found that the location of a facility (the city or state they were in) was more of a determining factor for outbreaks than how clean the facility was, their 5 star rating, or the quality of care being provided. So precautions both in-house and in our surrounding community (state mandated practices) are integral in keeping COVID-19 out of our facility. We have been very fortunate to not have had a positive case so far.

Our residents continue to be the most vulnerable population (most at risk for serious illness or death from COVID-19) during this ongoing pandemic. Infectious disease experts continue to warn that the country will experience a second wave of the virus as reliable testing or a vaccine is not readily available. Given these factors, the decision to relax our COVID-19 restrictions must be made with great thought and care.

GOOD NEWS effective 7/1/20! With careful consideration to required precautions and a lot of planning, we will begin our gentle reopening by starting with some of our common area leisure activities. This will include some smaller group activities, fitness classes, library, pool/spa, and the fitness room. Special guidelines will need to be followed and all will require advance sign up with the Front Desk. Please see the attached Common Area Leisure Schedule/Modified Reopening listing for more detailed information. We will also be continuing with some floor activities.

All other previously implemented changes will remain in effect.

MORE GOOD NEWS!

- We are one of the first in the state to have a fully automated COVID-19 visitor screening system where we can manage/enforce compliance in real-time with automated alerts sent directly to the Front Desk, Security and Administration. It is comprised of two parts:

(Turn Over)

-Our Ipad screening has been up and running since 5/18/20 and allows us to document answers to all visitor/employees screening questions and to automatically database the information for contract tracing.

-As of 6/25/20 our automated Thermal Temperature Scanners were implemented to detect high temperatures and mask use.

- If all goes well, we anticipate opening up the dining room at 50% capacity with precautions in August. More to come on this later.

REMINDERS: without a vaccine, the most effective way to fight COVID-19 is through preventative measures

- Please remind your family and friends of the no visitation policy, and for those who have been issued colored badges for urgent/medical business, please remind them to sign in at the Ipad and also do their temperature screen before entering the building. They must also wear a mask and sanitize before entering.
- Follow the government guidelines for seniors and do not go out unless absolutely necessary (ie: medical appts.). **Reminder: For medical appointments however, such as going out to see your physician, dentist, dialysis, etc. please contact the RCS department prior to attending your appointment for instruction/guidance and precautions to take so that you will not be required to quarantine upon your return.**
- Continue practicing social distancing (6 feet or more apart).
- Utilize the MPR/Garden/Pool areas to do independent exercising such as walking and stretching.
- Practice good infection control and WASH AND / OR SANITIZE YOUR HANDS frequently.
- Wear a clean mask at all times while outside of your apartment. Be sure your mask covers your nose and mouth.
- Continue to avoid any travel (international, domestic, interisland, cruise). Residents returning from any travel will continue to be required to quarantine in their unit for 14 days.
- Residents returning to OneK from the emergency room/hospital or any healthcare facility will continue to be required to quarantine in their apartment for 14 days.
- All new move-ins will continue to be required to quarantine in their unit for 14 days.
- **If you aren't feeling well, call your healthcare provider and the RCS dept. at 983-4421 and remain in your unit.**

We will continue to monitor the situation in the outside community and will make any adjustments to our COVID measures accordingly. The health of our residents is of the utmost importance and some of our changes may become permanent protocol as we evaluate best practices for the safety and welfare of our residents and staff into the future.

Thank you for helping us keep you and our employees safe.

COMMON AREA LEISURE SCHEDULE / MODIFIED REOPENING EFF. 7/1/20

Addendum to Resident Memo #9 dated 6/29/20

ACTIVITY GUIDE

SEE YOUR TALK STORY AND MONTHLY CALENDAR FOR SPECIFIC DATES/TIMES OF ACTIVITIES
Contact the Resident Relations Manager, LINDA VARES at 983-4429 for more information or questions.

1. **RESIDENTS ONLY**, no outside visitors or guests.
2. You must **SIGN-UP IN ADVANCE AT THE FRONT DESK** for all of the below activities.
3. For residents requiring caregiver (**CAREGIVER COUNTS AS 1 ATTENDEE**).
4. **COMMON AREA ROOMS NOW OPEN** such as library, game room, arts and crafts room, etc.
and are to have **NO MORE THAN 5 RESIDENTS** at any given time.
5. **SOCIAL DISTANCING REQUIRED** (6 feet or more).
6. **MASKS REQUIRED** (must cover nose and mouth).
7. **SANITIZE HANDS** upon entering / exiting rooms.
8. If you have already signed up for your maximum time slots in a week, and you want to sign up for more, you may come down or call the Front Desk 5 minutes prior to the time slot you desire. If that slot is still open, you may add your name to the sign up list at the Front Desk.

LEISURE/ACTIVITIES - MPR

AFTERNOON CRAFT WITH FAYE Weekly - Repeat classes are available	CLASS SIZE LIMIT [9 attendees / 1 instructor] Limit one class per week per resident
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AFTERNOON CRAFT WITH LINDA/LUTE Monthly - Repeat classes are available	CLASS SIZE LIMIT [8 attendees / 2 instructors] Limit one class per month per resident
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MIDWEEK MOVIE Weekly	ATTENDANCE LIMIT [10 attendees]
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FITNESS - MPR (presign-up by letter required A,B,C,D,E,F)

STRONG POSTURE LEVEL 1 2x/Week (Group A and Group B)	CLASS SIZE LIMIT [9 attendees / 1 instructor] Limit 1 group from A,B,C,D (2 classes per week) per resident Group A: Mon/Wed 10:30a Group B: Mon/Wed 11:30a
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STRONG BEGINNINGS 2x/Week (Group C and Group D)	CLASS SIZE LIMIT [9 attendees / 1 instructor] Limit 1 group from A,B,C,D (2 classes per week) per resident Group C: Tues/Thurs 10:30a Group D: Tues/Thurs 11:30a
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YOGA 2x/Week (Group E and Group F)	CLASS SIZE LIMIT [9 attendees / 1 instructor] Limit 1 group from E,F (2 classes per week) per resident Group E: Tues/Thurs 2:30p Group F: Tues/Thurs 3:15p
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TAI CHI 2x/Week	CLASS SIZE LIMIT [9 attendees / 1 instructor] Limit 2 classes per week per resident (Tai Chi/Qi Gong)
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BEGINNING TAI CHI 2x/Week	CLASS SIZE LIMIT [9 attendees / 1 instructor] Limit 2 classes per week per resident (Tai Chi/Qi Gong)
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QI GONG 2x/Week	CLASS SIZE LIMIT [9 attendees / 1 instructor] Limit 2 classes per week per resident (Tai Chi/Qi Gong)
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WELLNESS-location varies

OPEN GARDENING Weekly	ATTENDEE LIMIT [5 attendees]
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NON-MEDICAL TELEVISITS (Ipad, Zoom, etc.) By appt. only	BY APPOINTMENT ONLY Contact the Resident Relations Manager at 983-4429 for appointments.
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FITNESS ROOM Weekdays (Mon-Fri), 30 minute time slots 7 slots per day	ATTENDEE LIMIT [1] - May have 2 residents with Fitness Instructor present 30 minute time slots - Limit 2 time slots per week per resident 8:30a 9:30a 10:30a 11:30a 12:30p 1:30p 2:30p
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SWIMMING POOL OR SPA Daily, 1 hour time slots 15 slots per day LOCKER ROOM REMAINS CLOSED.	ONE PERSON IN POOL AT A TIME , ONE PERSON IN SPA AT A TIME 1 hour time slots - Limit 1 time slot per day per resident 6:00a 7:00a 8:00a 9:00a 10:00a 11:00a 12:00n 1:00p 2:00p 3:00p 4:00p 5:00p 6:00p 7:00p 8:00p
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One Kalakaua Senior Living CORONAVIRUS (COVID-19)

5/19/20



This is an update to prior updates:

Update #1 distributed 2/3/20 (Health Alert: 2019 Corona Virus)
Update #2 posted 2/10/20 (Corona Virus Update)
Update #3 posted 2/24/20 (Corona Virus/COVID-19 Update)
Update #4 distributed 3/9/20 (Health Alert: COVID-19)
Update #5 distributed 3/18/20 (Health Alert: COVID-19)
Update #6 distributed 3/24/20 (Coronavirus/COVID-19)
Update #7 distributed 4/20/20 (Coronavirus/COVID-19)

As the federal government begins their phased opening of states across the nation, and Hawaii moves from the Stay-at-Home, to Safer-at-Home, to now “Acting-with-Care” orders from the Governor, we all need to be reminded that **we will be the last to open**. Last week the Lieutenant Governor reiterated this by noting that it will not be safe to fully open our senior facilities for some time due to our vulnerable population. As such, **One Kalakaua will continue with all the previously implemented operational changes/restrictions through June 30, 2020.**

IPAD ISCREENING IS UP AND RUNNING AS OF TODAY, 5/18/20. As you may have read about in the last two Talk Story publications, Ipads were installed to handle all visitor/non-resident screening.

- **This is NOT for residents.**
- Only non-residents (family members, employees, vendors, professional service providers, caregivers, realtors, non-resident owners/POAs/Trustees, etc.) are required to do this Ipad screen the first time they enter the facility **EACH DAY** (so once a day).
- There is clear signage at every entry point providing direction on what to do. The Ipad questions/directions are self-explanatory and very easy to follow. Also, if someone enters something incorrectly or makes a mistake, they can just start over and complete a proper screening session.
- Reports will be generated very frequently to monitor compliance. Those not complying with the screening process will be reminded the first time, but in subsequent incidents, this could result in having their access cards/FOBs deactivated (then must come through only the Front/Main Entry). Reminder: This is required to keep our facility safe and to comply with screening and contact tracing documentation.

REMINDERS

- Please remind your family and friends of the no visitation policy, and for those who have been issued colored badges for urgent/medical business, please remind them to sign in at the Ipad before entering the building. They must also wear a mask and sanitize before entering.
- Follow the government guidelines and do not go out unless absolutely necessary (ie: medical appts.) as we are a very vulnerable population.
- Continue practicing social distancing and don't congregate in groups over 10 in our common areas or outside of OneK.
- Utilize the MPR/Garden area to do independent exercising such as walking and stretching.
- Practice good infection control and WASH YOUR HANDS frequently.
- Wear a clean mask at all times while outside of your apartment.
- Continue to avoid any travel (international, domestic, interisland, cruise).
- **If you aren't feeling well, call your healthcare provider and the RCS dept. at 983-4421 and remain in your unit.**

(Turn Over)

Last but not least, a few questions were asked regarding our prior 4/20/20 memo. Thus we are including some clarifications to that memo below:

- Residents returning to OneK from the emergency room/hospital or any healthcare facility will be required to quarantine in their apartment for 14 days.
- For medical appointments however, such as going out to see your physician, dentist, dialysis, etc. please contact the RCS department **prior** to attending your appointment for instruction/guidance and precautions to take so that you will not be required to quarantine upon your return.
- All new move-ins will be required to quarantine in their unit for 14 days (amongst other requirements). We notified realtors actively working in this building regarding the new move-in protocols.
- The Beauty Salon hours of operation has changed to Monday, Thursday, Friday from 9:30a-3p and closed on Tuesdays, Wednesdays, Saturdays and Sundays.

Again, we will be one of the last businesses to reopen due to having a high-risk population and some of our changes may become permanent protocol as we evaluate best practices for the safety and welfare of our residents and staff into the future. Thank you for helping us keep you and our employees safe.

One Kalakaua Senior Living CORONAVIRUS (COVID-19)

4/20/20



This is an update to prior updates:

Update #1 distributed 2/3/20 (Health Alert: 2019 Corona Virus)
Update #2 posted 2/10/20 (Corona Virus Update)
Update #3 posted 2/24/20 (Corona Virus/COVID-19 Update)
Update #4 distributed 3/9/20 (Health Alert: COVID-19)
Update #5 distributed 3/18/20 (Health Alert: COVID-19)
Update #6 distributed 3/24/20 (Coronavirus/COVID-19)

As the federal government begins planning for phased opening of our nation, Hawaii reports that though we are also moving in that direction, we do not yet meet the criteria for Phase 1, nor do we have adequate testing capabilities as of yet. Prior to slowly moving to Phase 1, states must meet the following criteria:

- Downward trajectory of influenza-like illnesses AND Covid-like syndromic cases reported within a 14-day period.
- Downward trajectory of documented Covid cases within a 14-day period OR downward trajectory of positive tests as a percent of total tests within a 14-day period.
- Treatment of all patients at hospitals without crises care AND a robust testing program in place for at-risk healthcare workers, including emerging antibody testing.

Once our state meets these requirements and the governor approves, Hawaii can then move to Phase 1, which includes very minimal opening of some businesses. **IT DOES NOT INCLUDE any changes to what we have implemented here at One Kalakaua, and clearly states that vulnerable individuals (such as the elderly population or those with underlying medical conditions) should continue to shelter-in-place and visits to senior living facilities should continue to be prohibited.** Currently these mandates are not anticipated to be released until Phase 3.

With this, **One Kalakaua will continue with all the previously implemented operational changes/restrictions through May 31, 2020.** In addition, effective immediately:

- All residents will be required to wear masks when outside of your unit. We previously distributed information about making your own masks, and you can also use a scarf or bandana to cover your nose and mouth. **Remember if you use cloth masks, you must launder them daily.** Later this week activity packets will be distributed to each resident which will include a disposable mask for your emergency use.
- Anyone coming in to the facility will be required to wear masks when in the common areas of the facility.
- Employees will be required to wear masks when in the presence or caring for a resident.
- Residents returning to One K from the emergency room/hospital or any healthcare facility will be required to quarantine for 14 days unless they are being discharged with a negative Covid-19 test within 24 hours of returning home.
- All new move-ins will be required to quarantine in their unit for 14 days unless they have a negative Covid-19 test within 24 hours of moving in.

Again, we will be one of the last businesses to reopen due to having a high-risk population and some of our changes may become permanent protocol as we evaluate best practices for the safety and welfare of our residents and staff into the future.

REMINDERS

- **PLEASE REMIND YOUR FAMILY AND FRIENDS OF THE NO VISITATION POLICY.**
- Do not go out unless absolutely necessary (ie: medical appt.).
- Practice social distancing and don't congregate in groups over 10.
- Practice good infection control and WASH YOUR HANDS frequently.
- Avoid any travel (international, domestic, interisland, cruise).
- **If you aren't feeling well, call your healthcare provider and the RCS dept. at 983-4421 and remain in your unit.**

One Kalakaua Senior Living CORONAVIRUS (COVID-19)

3/24/20



This is an update to prior updates:

Update #1 distributed 2/3/20 (Health Alert: 2019 Corona Virus)

Update #2 posted 2/10/20 (Corona Virus Update)

Update #3 posted 2/24/20 (Corona Virus/COVID-19 Update)

Update #4 distributed 3/9/20 (Health Alert: COVID-19)

Update #5 distributed 3/18/20 (Health Alert: COVID-19)

Last week we implemented several operational changes to meet direction from the Governor, Mayor, HDOH, and the CDC. This past weekend, the Mayor and Governor sent out more aggressive directives regarding staying home and limiting non-essential trips outside the home. The CDC and the American Healthcare Association (AHCA) and National Centers for Assisted Living (NCAL) are directing that facilities take every effort to prevent COVID-19 from entering our communities. In addition to the restrictions already listed in the memo dated 3/18/20 (see attached), the following **additional restrictions** are in effect immediately:

VISITORS

- No visitors will be allowed.
- The front entry door will remain locked 24/7.
- Those that need urgent or emergency access will need to press the intercom for assistance.
- Anyone accessing the building for urgent/emergency needs will go through a screening process.
- Social visits will not be permitted. We encourage family members to utilize phone calls, skype, etc. to stay in contact with their loved one.
- No one under the age of 18 will be allowed in the facility.

COMMON AREAS

- The Library is closed.
- The Pool and Spa is closed.
- The Fitness Room is closed.

REMINDERS

- Do not go out unless absolutely necessary (ie: medical appt.).
- Practice social distancing and don't congregate in groups over 10.
- Practice good infection control and wash your hands frequently.
- Avoid any travel (international, domestic, interisland, cruise).
- **If you aren't feeling well, call your healthcare provider and the RCS dept. at 983-4421 and remain in your unit.**

Health Alert: COVID-19



DATE: March 18, 2020

TO: All Residents/Owners/Families/Visitors

FROM: Dee Robinson, Administrator (RCS and Wellness Program)

RE: **COVID-19 (Corona Virus) Update #5**

This is an update to prior updates:

Update #1 distributed 2/3/20 (Health Alert: 2019 Corona Virus)

Update #2 posted 2/10/20 (Corona Virus Update)

Update #3 posted 2/24/20 (Corona Virus/COVID-19 Update)

Update #4 distributed 3/9/20 (Health Alert: COVID-19)

ATTACHMENTS: Hawaii Department of Health COVID-19 What You Need to Know Flyer
F&B Meal Delivery Guidelines

Current situation / Facility Status

We know many of you continue to be concerned about the spread of COVID-19 and how it may impact us here at One Kalakaua. We continue to follow and closely monitor the developments of COVID-19. As communicated in previous communications, we have elevated our Infection Control Protocols (2x/daily sanitation of common and high touch areas, restriction of visitors, tracking travel, etc.) and are continuing to monitor the situation closely with CDC (Centers for Disease Control), HDOH (Hawaii Department of Health) and HHEM (Hawaii Healthcare Emergency Management) disaster coalition. The Executive Director and Administrator are participating in daily/weekly phone conferences for status updates/recommendations on COVID-19.

Protecting the health and well-being of our residents and employees continues to be our first priority.

With the latest direction from the Governor, HDOH and CDC, critical changes will need to be made to the services that we offer and the way we operate. The pertinent recommendations are to:

- Discontinue any gatherings of more than 10 people (group activities, communal dining, etc.).
- Practice social distancing whenever possible especially for high risk groups such as the elderly and/or those with underlying medical conditions (staying at least 6 feet from others).
- Suspend activities and stay home.
- Avoid travel.
- Do not visit nursing homes, retirement or long term care facilities.

The following is what will be done here at One Kalakaua:

I. VISITORS

- a. Please inform your visitors that effective immediately through April 30, 2020 visitors will be limited to:
 - **Family Members:** Family members are highly encouraged to visit in their loved ones apartment and limit visiting in the common areas however family members under the age of 14 will not be allowed in the common areas and must visit in the resident's apartment. Use of common areas will be limited to no more than 10 residents at a time, and visitors in the common areas may limit residents' access to these areas.
 - **Medical/healthcare providers:** Caregivers from a licensed healthcare agency, physical therapists, hospice workers, etc.
 - **Contractors or Agents/POAs for emergency repair work or with urgent issues in their units.**
 - **Vendors who deliver vital supplies/packages.**

Note: New Visitor protocols will be fully implemented in the next few days and will include screening questionnaires and issuance of visitor badges.

The front door will remain locked 24/7 and visitors will need to use the intercom system in order to gain access to the building.

- b. Visitors (as defined above) who have just traveled (internationally, domestically or interisland) will not be permitted to enter the facility until 14 days from the date of arrival to Oahu or unless they can provide written documentation of a negative COVID-19 test result.

Note: Residents returning from travel will be required to self-isolate in their apartment for 14 days from the date of arrival to Oahu. Special provisions will be made to make this as comfortable as possible (meal delivery, nurse wellness checks, etc.). All employee travel is subject to the same restrictions.

- c. Visitors (as defined above) who are exhibiting fever, cough, sore throat or shortness of breath are prohibited from visiting.
- d. Updated signage has been placed at the facility entrances.

II. LEISURE SERVICES (ACTIVITIES)

- a. Effective immediately through April 30, 2020, **all group activities** both in-house and outside have been cancelled (fitness classes, pau hana, lunch bunch, arts and crafts, ukulele class, hula class, afternoon snacks, etc.).
- b. Common area room reservations must be for no more than 10 people and you are highly encouraged to practice social distancing at all times. Keep in mind only authorized visitors (as defined above) will be allowed.
- c. Gatherings in any common area will be limited to no more than 10 people.
- d. During this time residents are encouraged to find alternate means of leisure activities such as doing puzzles in your unit, visiting the library or game room (limited to no more than 10 residents at a time), start a new hobby such as painting or crocheting, watch and participate with some age appropriate TV exercise and yoga classes. You may also contact Linda Vares at 983-4429 to provide you with some solo activities or ideas that you might enjoy.

III. DINING SERVICES

- a. Effective Sunday, March 22, 2020 through April 30, 2020 communal dining will be discontinued (dining room will be closed). Meals will be delivered at no charge to your individual apartments similar to how we did it during the flooring project. **Please see attached guidelines from F&B for more information on how to order your meals, meal delivery times, etc.**
- b. Effective immediately through April 30, 2020 all salad bar and coffee service will be closed. Coffee or tea may be ordered with your meal at no charge.

IV. RESIDENT CARE SERVICES

- a. Blood pressure clinics will be during the same days/times (Tuesday and Thursday from 8a-9a and Wednesday from 3p-4p) however will now be by appointment only. Please call RCS at 983-4421 to schedule your appointment. Please do not arrive outside of your appointment times as it is important that we follow the social distancing guidelines (less than 10 people, 6 feet distancing, etc.).
- b. Scheduled meal pick up services from RCS staff will be cancelled because the F&B department will be handling all meal deliveries. RCS will be contacting you to confirm the cancelling of these services.
- c. Other changes in resident care services may be forthcoming and will come under separate notice.

Prevention

The CDC has recommended a variety of steps that we are implementing to help reduce the potential for the virus to enter our facility. However, **we need your help in battling COVID-19**. Below are some examples of how you can help protect yourselves, as well as prevent the spread throughout our facility.

Infection Control: There is currently no vaccine to prevent COVID-19. The best way to prevent infection is to avoid being exposed to this virus. Everyday preventative actions that can help prevent the spread of respiratory illnesses, flu and other infections/viruses include:

- Washing 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.
- Using an alcohol based hand sanitizer if soap and water are not available. Always use soap and water though if your hands are visibly dirty.
- Avoiding touching your eyes, nose and mouth with unwashed hands.
- Avoiding close contact with people who are sick.
- Staying home when you are sick and contacting your healthcare provider and the RCS department.
- Covering your cough or sneeze with a tissue, then throwing the tissue in the trash.
- **Practicing social distancing and avoiding large groups/unnecessary close contact with people (ie: no handshakes, hugging, aloha kiss).**
- Clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipe.
- Get your flu shot if you haven't done so already.

Additional steps to take: In addition to infection control precautions, as an elderly person (especially if you have any underlying medical conditions) who is more susceptible to risks/negative outcomes of this virus, you should also:

- Avoid any type of travel. However, if you do travel (only for urgent matters), notate clearly the location of any travel that you plan to take on your NOA (notice of absence) form keeping in mind that when you return you will need to self-quarantine for 14 days.
- Avoid going out of the facility for non-essential reasons.
- Educate yourself by watching the news and reviewing other informational sources such as the CDC, HDOH websites.

A copy of this health alert and attachments can be found online at One K's website <https://onekalakaua.net/>. **Please let your family members know** and feel free to contact myself or the RCS Department at 983-4421.

MEMO



Date: March 18, 2020

To: All OKSL Residents/Owners/Non-Resident Owners and Employees

From: Wendee Nishimura – Food and Beverage Manager

RE: **The Meal Take-Out Process effective Sunday 3/22/2020 – Thursday 4/30/2020 (as Dining Room is closed)**

Summary:

Per the memo dated 3/18/2020 that went out to all residents, we will be delivering all meals to your unit during the period specified above. There will be no delivery charge.

Take-Out Meal Procedure when the Dining Room is closed:

- Take-Out meal order forms for the entire week will be available at the front desk every Friday at 8:00 am. Take-Out meal order forms will also be available on each residential floor in a bin near the elevator (for your convenience). **PLEASE TURN IN ALL MEAL TAKE-OUT FORMS TO THE FRONT DESK BY THE SPECIFIED DEADLINES BELOW.**
 - Breakfast Take-Out meal order forms must be turned in to the Front Desk by 5:30 am daily and meals will be delivered between 7:30 am – 8:30 am.
 - Lunch Take-Out meal order forms must be turned in to the Front Desk by 9:30 am daily and meals will be delivered between 11:00 am – 12:00 pm.
 - Dinner Take-Out meal order forms must be turned in to the Front Desk by 3:00 pm daily and meals will be delivered between 4:30 pm – 6:00 pm.
- We will be delivering all meals to your apartments during this period. There will be no delivery charges incurred. Regular meal pricing and additional food charges will still apply. Do not come to the kitchen to pick up your takeout's.
- Please turn in your take-out meal order forms as soon as possible. You can turn in an entire week in advance if you would like.
- Morning coffee/tea service has been suspended until further notice, however, you may order coffee or tea with your meal at no additional charge.
- If you were not at home at the time of delivery, we will leave you a note to contact the kitchen (983-4430) to request re-delivery. However due to HDOH food regulations, if you don't claim your meal within 2 hours, it will be discarded and you will still be charged.

Please remember, ensuring residents and employees are in a safe and healthy environment is our first priority. We will try to minimize any inconvenience. All of the F&B Staff would like to thank you for your understanding and patience during this time. We look forward to keeping One Kalakaua's community safe!

Please contact Wendee Nishimura at 808-439-8099 if you have any questions regarding the meal take out process for this week.

PLEASE TURN IN ALL MEAL TAKE-OUT FORMS TO THE FRONT DESK BY THE SPECIFIED DEADLINES.

COVID-19

Coronavirus Disease 2019



WHAT YOU NEED TO KNOW

What are the symptoms of COVID-19?



FEVER



COUGH



DIFFICULTY BREATHING



SEVERE ILLNESS

How is COVID-19 spread?



Through coughing and sneezing



Close personal contact, such as touching or shaking hands



Touching an object or surface with the virus on it, then touching your mouth, nose, or eyes before washing your hands



Because COVID-19 is new, we are learning more each day about the transmission patterns and incubation periods.

If you have traveled to a country with widespread community spread of COVID-19, stay home or in your hotel room for 14 days after leaving that country and monitor your health for symptoms.

- Avoid group settings, including work and school.
- Have another family member/friend, who didn't travel, run necessary errands for you, such as picking up food or medicine.
- Avoid using public transportation, taxis, or ride-shares if possible.

For a list of countries with widespread sustained community transmission, visit www.cdc.gov/coronavirus/2019-ncov/travelers.

How can I protect myself and our community?

Everyone in our community

- Avoid contact with sick people.
- Wash your hands often with soap and water for at least 20 seconds. If not available, use an alcohol-based hand sanitizer.
- Avoid touching your eyes, nose, and mouth, especially with unwashed hands.
- Get your flu shot to reduce the chance of developing symptoms that can be confused with COVID-19. Everyone ages 6 months or older should be vaccinated against the flu.

If you have traveled to an affected area and feel sick

- Stay home and avoid contact with others except for seeking care.
- Cover your mouth and nose with a tissue or your sleeve (not your hands) when coughing or sneezing. Throw the tissue in the trash.
- If you need medical care, call ahead to your healthcare provider or an emergency room and let them know about your travel history. If you need emergency medical care, call 911.
- If you have difficulty accessing medical care or have questions how to care for yourself at home, call 211.

2-1-1

Get Connected. Get Help.™

For more information about COVID-19,
call our partners at Aloha United Way 2-1-1.

Or visit our website at:

health.hawaii.gov/docd/advisories/novel-coronavirus-2019.

