

THE PLAZA COVID-19 RESOURCE GUIDE



RECOMMENDATIONS FOR MANAGING COVID-19 IN OLDER ADULTS OR INDIVIDUALS WITH HIGHER RISK

Hawaii State Department of Health & Center for Disease Control and Prevention (CDC)

Statewide Stay-at-Home Order: March 25-June 30, 2020

Effective March 25, 2020 at 12:01 a.m. through June 30, 2020, everyone in the State of Hawai'i is required to stay at home or in their place of residence. This supplement to Governor David Ige's emergency proclamation was announced on March 23, 2020. Under the proclamation, individuals may leave their home or place of residence only for essential activities, to engage in essential businesses and operations, and only if their work cannot be conducted through remote technology from home.

CDC Recommends Wearing Cloth Face Coverings in Public Settings

We now know from recent studies that a significant portion of individuals with coronavirus lack symptoms ("asymptomatic") and that even those who eventually develop symptoms ("pre-symptomatic") can transmit the virus to others before showing symptoms. This means that the virus can spread between people interacting in close proximity—for example, speaking, coughing, or sneezing—even if those people are not exhibiting symptoms. In light of this new evidence, CDC recommends wearing cloth face coverings in public settings where other social distancing measures are difficult to maintain (e.g., grocery stores and pharmacies) especially in areas of significant community-based transmission.

Cloth face coverings should not be placed on young children under age 2, anyone who has trouble breathing, or is unconscious, incapacitated or otherwise unable to remove the mask without assistance.

Guidance for Kupuna and people of all ages with serious chronic medical issues

If you are at higher risk due to age or a serious long-term health problem:

- Reduce your risk of infection by practicing everyday prevention as part of your daily routine.
- Know the medications your loved ones take and secure an extra 30-days worth of prescription medications, if possible.
- Avoid nonessential travel, including plane trips and cruise ships.
- Call your doctor with presenting symptoms, such as fever, cough and shortness of breath.
- Seek immediate medical attention if experiencing difficulty breathing, persistent chest pressure or pain, uncharacteristic confusion or bluish lips or face.
- At-home recovery is possible if your sickness doesn't require hospitalization. Follow CDC instructions for home care.

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If you live in a retirement or independent living community:

- Stay in your home and maintain social distancing.
- Establish a buddy system and call fellow residents to check-in on each other.
- Plan for disruption of typical services, such as hospitals, stores, banks, etc.
- Actively monitor for COVID-19 symptoms in your community and notify your care team if you or some one in you know exhibits symptoms.

If you care for kupuna or someone with a serious long-term health problem:

- Know the medications taken by your loved ones and secure extra, if possible.
- Inventory medical supplies, such as oxygen, dialysis and wound care, and create a backup plan in the event of supply-chain shortage.
- Keep nonperishable food items on hand to minimize trips to stores.

If your loved one lives in a long-term care facility:

- Understand the facility's outbreak protocol.
- Call facility ahead of visits for updates and advice.
- Inquire with the facility about any changes in health status of residents and guidance for visitations.
- Avoid visiting to the extent possible. Limit time and keep a distance of 6+ ft from others.

Other Resources

City & County of Honolulu OneOahu.org (808) 768-CITY (2489)

- Up-to-date and accurate information regarding COVID-19
- Details on how to get help and access to resources and services
- Information on City services still open and hours of operation
- Mayor Caldwell's Stay at Home, Work from Home Order

Aloha United Way 2-1-1 Hotline

- Aloha United Way is the only statewide information and referral service partnering with the Department of Health to connect people with the information and resources they need regarding COVID-19
- Dial 2-1-1 or visit auw211.org

Hawaii State Department of Health COVID-19 site **Center for Disease Control Website**

HawaiiCovid19.com
[CDC.gov/coronavirus](https://www.cdc.gov/coronavirus)

THE PLAZA COVID-19 RESOURCE GUIDE



MEAL SERVICES FOR OLDER ADULTS

Show Aloha Challenge

The Show Aloha Challenge is a collaborative program between the City & County of Honolulu, St. Francis Healthcare System, restaurants, businesses, and non-profit organizations to provide free home delivered meals to Hawaii's Kupuna.

Seniors must meet the following criteria to qualify for the program and each request will be assessed on a case by case basis:

- Must be 60 years or older
- Have an underlying health condition that puts them at risk for further medical complications
- Have limited resources such as limited family support to prepare meals or no reliable transportation
- Not receiving services from other government-subsidized meal programs, including home-delivered meals

For more information or to submit a request for food delivery, go to:

- Online meal delivery requests: ShowAlohaChallenge.com
- Phone meal delivery requests: (808) 547-6501

Kupuna Needs Project

The Kupuna Needs Project is a collaboration between the Roman Catholic Diocese and various local non-profits and businesses to get basic household supplies (i.e. toiletries, personal hygiene, cleaning supplies) to those 62 years or older and or those that are immunocompromised on Oahu.

Recipient Requirements

- You and/or your spouse is 62 years or older and/or immunocompromised (having an impaired immune system)
- You live on the island of Oahu
- You lack and are in need of toiletries, personal hygiene items, cleaning supplies, vitamins, non-perishable foods

For more information or to submit a request for food delivery, go to:

- Online meal delivery requests email: kupunaneeds@hictv.com
- Phone meal delivery requests: (808) 202-0820 or (808) 202-1203 Daily 12pm – 8pm

THE PLAZA COVID-19 RESOURCE GUIDE



OTHER MEAL AND SUPPLY DELIVERY SERVICES

The Salvation Army – Kroc Center

Kroc Center Hawaii is collecting and distributing donations to Kupuna, families in need, first responders and healthcare workers.

The following new and unopened items are being collected and distributed:

- Personal hygiene items (shampoo, conditioner, soap, toothpaste, toothbrush, deodorant, etc.)
- Cleaning supplies (hand sanitizer, paper towels, sanitizing wipes, disinfectant spray/cleaners)
- Toilet paper (wrapped)
- Baby diapers, formula and baby food
- Adult incontinence products (Depends)
- Non-perishable food items

For more information or to submit a request for a delivery, call (808) 682-5505

Kupuna Kokua

- Non-profit providing delivery service for restaurant foods, groceries, medications and other supplies for anyone in need on Oahu.
- Must prepay for items prior to Kupuna Kokua volunteers picking up and delivering

For more information or to submit a request for delivery, go to:

- Website: KupunaKokua.org
- Email: info@kupunakokua.org

Waikiki Community Center

- Senior Case Management Program remains open, primarily by phone
- Emergency food pantry open Tuesday from 1:00PM to 3:00PM
- Please bring your government photo ID and proof of need

For more information or to contact someone in the Senior Case Management Program, call (808) 923-1802

THE PLAZA COVID-19 RESOURCE GUIDE



OTHER MEAL AND SUPPLY DELIVERY SERVICES

Hawaii Meals on Wheels

- Online meal delivery requests email info@hmow.org
- Phone meal delivery requests: (808) 988-6747

Lanakila Meals on Wheels

- Online meal delivery requests email mow@lanakilapacific.org
- Phone meal delivery requests (808) 356-8519

Take Out and Curbside Food Delivery Services

- Food-A-Go-Go FoodAGoGo.org
- Bite Squad BiteSquad.com
- Grub Hub GrubHub.com
- Uber Eats UberEats.com
- Door Dash DoorDash.com

En Route Hawaii

- **Offering exclusive discounted rates to residents and staff of The Plaza**
- Food deliveries, personal and business errands, elite concierge services
- Personal errands and deliveries daily or on a pre-set schedule
- Online delivery requests email orders@enroutehawaii.com
- Phone delivery requests (808) 518-6688
- Website: EnrouteHawaii.com

THE PLAZA COVID-19 RESOURCE GUIDE



PRESCRIPTION DELIVERY SERVICES

CVS Pharmacy

- CVS Pharmacy will waive delivery fees for prescription drugs due to the coronavirus outbreak. Contact your local Longs/CVS Pharmacy for more details.

Pharmacare Hawaii

- Pharmacare Hawaii provides delivery services for both prescription medications and over the counter supplies.
- For more information regarding their home delivery service call (808) 840-5620 or email info@pharmacarehawaii.com

Waianae Professional Pharmacy

- If you live in the Makaha to Nanakuli area you may be eligible for home delivery of your prescriptions.
- Inform your WCCHC Provider, a Waianae Professional Pharmacy staff member will contact you for payment and delivery address, a WCCHC delivery van will delivery your medications
- For more information regarding home delivery services speak to your WCCHC Provider or call (808) 697-3300

THE PLAZA COVID-19 RESOURCE GUIDE



GROCERY STORE KUPUNA HOURS

Costco	Tue & Thur	8a-9a	Seniors 60+
Down to Earth	Everyday	7a-8a	Senior 60+ and others with pre-existing medical conditions
Foodland	Tues, Thurs and Sat	First hour of business	60 years and older and their caretakers “5% Thursdays” Seniors Discount
Safeway	Tue & Thurs	7a-9a	Seniors and high risk persons
Sam’s Club	Tue & Thur	7a-9a	Seniors and those with disabilities or compromised immune systems
Tamura Market	Mon, Wed and Fri	715a-8a	Seniors (age 60 and older) and any accompanying family member or caregiver through March 30th
Target	Wednesday	First hour of business	Seniors and their caretakers
Times	Everyday	First hour of business	Seniors and people with chronic medical conditions
Walmart	Tuesday	6a-7a	Senior 60+ March 24th- April 28th
Walgreens	Tuesday	8a-9a	Seniors 55+ 30% off Walgreens brands, 20% off National Brands
Whole Foods	Everyday	One hour before open	Seniors 60+
Marukai Hawaii	Everyday	7a-8a	Seniors 60+