



March 12, 2020

Aloha HMHB Clients and Partners:

HMHB continues to closely monitor news updates on the coronavirus (COVID-19). During this time we understand the importance of staying informed of the facts, and taking the steps that support a safe and healthy community.

We want to reassure you that HMHB is following the Centers for Disease Control and Prevention (CDC), and Hawaii State Department of Health (DOH) guidance on COVID-19.

HMHB is very mindful of our interactions with moms and babies and community partners on a daily basis. In community efforts to assist in the unknowingly spread of any virus, but especially COVID-19, HMHB is limiting non-essential gatherings of large groups. Instead, HMHB will rely heavily on digital media mechanisms to continue to provide access to our Hawaii Cribs for Kids Program and Piko Pals New Parent Support Program. For those who see our on-site therapists, this is reminder that telehealth is encouraged and continues to be an option.

To our individual program partners, you will be receiving a separate email with details on how we will begin transitioning our group sessions onto a digital platform.

In preventing the spread of respiratory illnesses, we also want to emphasize the following CDC guidelines for all:

- Wash hands often with soap and water for at least 20 seconds, especially after blowing your nose, coughing or sneezing, before eating, and after going to the bathroom.
- Clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipe.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Avoid touching your eyes, nose and mouth.
- Avoid close contact with people who are sick.
- Stay home if you start to feel sick.

We have included valuable information provided by the CDC for pregnancy and breastfeeding:

<https://www.cdc.gov/coronavirus/2019-ncov/specific-groups/pregnancy-faq.html>

<https://www.cdc.gov/coronavirus/2019-ncov/specific-groups/pregnancy-guidance-breastfeeding.html>

Thank you for your patience and understanding as we continue to monitor this situation, and work to support the health and safety of our community.

Mahalo,
HMHB Team