

# What you should know about the Delta variant



The Delta variant is in the news and on social media feeds. It's a type of the virus that causes COVID-19. Delta is causing an increase in new infections and hospitalizations in Hawaii and nationwide.

## What do we know about the Delta variant?

- It is very contagious!
- More young people are getting sick.
- People who haven't been vaccinated are in higher danger.
- Majority of hospitalizations and deaths related to the Delta variant is from unvaccinated people.
- You can reduce your chances of getting the Delta virus if you're fully vaccinated.
- If you're vaccinated and get the Delta virus, the symptoms tend to be mild, but you can still spread it to others.

## How do I protect myself?

- Get the COVID Vaccination!
- Take precautions.
  - Wear a mask in crowded places, particularly public indoor spaces.
  - Everyone two years old and older should wear masks in schools even if they're vaccinated.
  - Wash your hands.
  - Stay physically distanced.
  - Avoid large gatherings.
- Get all your doses to be fully vaccinated.

---

For help or more information, please call 808-432-5330 (Oahu), 1-800-651-2237 (toll-free),  
1-877-447-5990 (toll free for the hearing/speech impaired)

- 2 weeks after the second dose in a 2-dose series, like the Pfizer or Moderna vaccines
- 2 weeks after a single-dose vaccine, like the Johnson & Johnson vaccine

### How can I get vaccinated at Kaiser Permanente?

All the available vaccines are safe, effective, and lifesaving. Please call us to schedule an appointment:

Monday through Friday, 8 a.m. to 5 p.m.

Oahu: 808-432-2000

Maui: 808-243-6000

TTY: 711

### What are the Delta variant symptoms?

- Cough
- Shortness of breath
- Fever
- Chills
- Muscle pain

- Headache
- Sore throat
- New loss of taste or smell

### What should I do if I have symptoms?

- [Get tested](#) at Kaiser Permanente.
- Wear a mask.



### Why should I get vaccinated?

It will help end the pandemic. If the virus continues to spread, we can expect more variants to appear at a faster rate than the vaccines can be updated. It's also possible for a variant to change. Then the vaccines won't work.

Help protect the community and people at a higher risk of severe illness from COVID-19 or those who can't get vaccinated, including infants or people with weakened immune systems from things like chemotherapy for cancer.

## Get Ready for Your Flu Shot



Protect yourself. Protect your family. Get your flu shot now! Starting September 1, walk in Monday to Friday, 8:30 a.m. to noon and 1 to 4:30 p.m. at Honolulu, Kailua, Koolau, Mapunapuna, Moanalua, Waipio, West Oahu, Wailuku, Lahaina, Hilo, Kona and Lihue. No appointment needed! Flu shots also are available at Hawaii Kai, and Waimea clinics on Mondays, Wednesdays, and Fridays, 8:30 a.m. to noon and 1 to 4:30 p.m. Starting September 11, you can walk in to get your flu shot on Saturdays at Honolulu, Koolau, Waipio, and Hilo locations from 8 a.m. to noon. No appointment needed.

Our flu shot clinics are open for adults and children 6 months or older. You also can get your COVID-19 vaccine at most locations. For everyone's safety, please wear a mask when you visit any of our flu shot clinics. To find out more, visit [kp.org/flu](https://kp.org/flu). On Oahu, call **808-432-2000**. On Maui, call **808-243-6000**. TTY **711**.

For help or more information, please call 808-432-5330 (Oahu), 1-800-651-2237 (toll-free), 1-877-447-5990 (toll free for the hearing/speech impaired)

## Frequently Asked Questions

### 1) What's the best way to communicate with my PCP?

- For non-emergent concerns, log into your KP.org account. <https://healthy.kaiserpermanente.org/hawaii/register>.



Create my account

### 2) How do I make an appointment with a doctor?

- Book online at [kp.org/appointments](http://kp.org/appointments). During clinic hours, call a clinic.
- After clinic hours, call After-Hours Advice Line. On Oahu call: [1-808-432-2000](tel:1-808-432-2000). On Neighbor Islands: [1-800-243-6000](tel:1-800-243-6000) (toll free). Or 711 TTY for hearing/speech impaired.

### 3) How do I get help with my medication refills?



Fill and refill medication at [kp.org/pharmacycenter](http://kp.org/pharmacycenter)  
 Order refills by phone, 24 hours a day, 7 days a week 808-643-7979 (statewide)  
 TTY 711 (toll free)

### 4) How do I get help with transportation to my doctor appointments?

If you need help to get to your appointment but are unable to get transportation, a Member Care Services Associate (MCSA) may be able to assist you if it is medically needed. Please call at least one week before your scheduled appointment. Call a MCSA phone numbers by Primary Care Physician Clinic Location (Hours: Monday–Friday, 8 a.m.–4:30 p.m., except State holidays).

#### Oahu

Honolulu, Hawaii Kai, Kailua, Koolau, Kahuku, nursing facilities, and foster homes  
 808-432-2236



West Oahu Medical Office at Kapolei call 808-432-3677  
 Mapunapuna call 808-432-1239



Waipio - Children only: call 808-432-3677, Adults only: call 808-432-1239

#### Maui

Maui Clinics call 808-243-6613

For help or more information, please call 808-432-5330 (Oahu), 1-800-651-2237 (toll-free),  
 1-877-447-5990 (toll free for the hearing/speech impaired)