

HEALTH ADVISORY



COMMONWEALTH OF THE NORTHERN MARIANA ISLANDS
OFFICE OF THE GOVERNOR
COMMONWEALTH HEALTHCARE CORPORATION
GOVERNOR'S COVID-19 TASK FORCE



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CHCC-PR-20-068

FOR IMMEDIATE RELEASE

COVID-19 Specimen Update

The Governor's COVID-19 Task Force and Commonwealth Healthcare Corporation (CHCC) would like to inform the public that the results of both specimens submitted to Guam Public Health Lab this week have been confirmed negative for COVID-19. While this is great news for our community, we all need to continue to be proactive with our personal prevention efforts - stay home - stay informed - stay healthy.

The CHCC appreciates the patience and understanding of the community at this time. To obtain information about COVID-19, please reach out to the CHCC COVID-19 Infoline at the following numbers: 285-1542/1672/1352/1854

For mental health assistance and health tips during a crisis please reach out to the Mental Health Care Line at the following numbers: 285-1856/1857

These numbers are available 7:30AM-7PM from Monday to Sunday.

STAY AT HOME, STOP THE SPREAD

The Governor's COVID-19 Task Force and CHCC would also like to remind the public that the best way to protect yourself and others from COVID-19 and other illnesses is practice:

Social-distancing, which means avoiding close contact with people in order to avoid catching the virus yourself and to avoid passing it on.

- **Please stay home as much as possible. Avoid unnecessary travel or exposure in public places.**
- Work or do schoolwork from home whenever possible and reasonable.
- Avoid social gatherings in groups of more than 10.
- Avoid eating out at restaurants. Use drive-thru, take-out, or delivery options.
- Older adults and people with chronic medical conditions are at higher risk of getting very sick from this illness. People at high risk should stay at home as much as possible.
- Create a household plan of action <https://www.cdc.gov/coronavirus/2019-ncov/prepare/checklist-household-ready.html>
- Ensure 30-day supply of all medicines.

Continue good hand hygiene:

- Wash your hands for at least 20 second with soap and water, avoid touching your face, cover coughs and sneezes with a tissue or your sleeve.

Know the signs and symptoms of COVID-19 and what to do if you become symptomatic:

- Stay home when you are sick and if you recently traveled to a place with COVID-19. Self-quarantine looks like:
 - Choose a room in your house that can be used to separate sick household members from others.
 - Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, use an alcohol-based hand sanitizer.
 - Avoid touching your eyes, nose, and mouth with unwashed hands.
 - Limit visitors

For more information about CHCC programs, please follow us on Facebook, Instagram, Twitter at @cnmichcc, check out our website at www.chcc.gov.mp or call us at (670) 234-8950.

This health advisory may be found online at <http://www.chcc.gov.mp/pressrelease.html>

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