

HEALTH ADVISORY



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



FOR IMMEDIATE RELEASE

April 6, 2020

First group of travelers to be released from COVID-19 quarantine facility this week

The Governor's COVID-19 Task Force and Commonwealth Healthcare Corporation (CHCC) would like to inform the public that during this week (April 6-12, 2020), 118 individuals are completing their 14-day quarantine.

These individuals are commended for their commitment to this directive and for their spirit in protecting the health of our community.

These 118 individuals were placed under quarantine in a designated quarantine facility, pursuant to Governor Ralph DLG. Torres's Second Amended Executive Order 2020-04, Directive 8, requiring that all individuals entering the CNMI be quarantined at a designated site for 14 days, beginning March 23, 2020.

Upon completion of their respective quarantine period, each individual will be issued a certificate from the CHCC indicating that they successfully completed quarantine. This certificate does not mean that the individual is not at risk for contracting COVID-19. They are still advised to follow precautionary measures as they re-enter the community, such as staying home, social distancing in public places, and avoiding unnecessary travel except for grocery shopping and picking up food, medicine, and essential supplies.

The Governor's COVID-19 Task Force and CHCC remind the public and those who are leaving quarantine that the best way to protect yourself and others from COVID-19 and other illnesses is to:

STAY AT HOME, STOP THE SPREAD.

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

- Stay home as much as possible. Avoid unnecessary travel or public places.
- Avoid social gatherings in groups of more than 10.
- Avoid eating out at restaurants. Use drive-thru, take-out, or delivery options.
- Only one healthy adult from the household should run necessary errands, such as getting groceries or picking up medications. Leave children, elderly, and other vulnerable people at home as much as possible. When returning home from an errand, wash your hands before doing anything else.
- 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 seconds 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 means:
 - Choosing a room in your house that can be used to separate sick household members from others.
 - Washing 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.
 - Avoiding touching your eyes, nose, and mouth with unwashed hands.
 - Limiting visitors.

The CHCC appreciates the patience and understanding of the community at this time. To obtain information about COVID-19, please reach out to the COVID-19 Infoline at the following numbers: 285-1542/1672/1352/1854 These numbers are available Monday to Sunday 7:30 a.m. - 8:00 p.m.

For mental health support and helpful tips during a crisis please call the Mental Health Support Line at 285-1856/1857 These numbers are available Monday to Friday 7:30 a.m. - 4:30 p.m.

For general information and non-medical inquiries about the CNMI COVID-19 response, please contact 287-0046. This number is available Monday to Sunday from 7:00 a.m. – 7:00 p.m.

For more information about DIY face coverings, please visit <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/cloth-face-cover.html>.

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

For more information on the Governor's COVID-19 Task Force, please follow @GovernorCNMI on Facebook, Instagram, and Twitter.

CHCC Point of Contact:

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Governor's COVID-19 Task Force Point of Contact:

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