

# 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 14, 2020

## Two new COVID-19 confirmed cases in the CNMI

Governor Ralph DLG. Torres, the Governor's COVID-19 Task Force, and the Commonwealth Healthcare Corporation (CHCC) confirm two (2) new COVID-19 cases, bringing CNMI's total confirmed case count to 13.

Of the two (2) new COVID-19 cases, both are male, a 55-year-old and a 61-year-old male. Both are in stable condition and are being closely monitored by CHCC medical teams. These cases are suggestive of community transmission within a cluster of linked cases. CHCC has already initiated contact tracing for the most immediate contacts (close family members, friends, and associates) of these confirmed cases. To ensure community transmission is limited, CHCC will expand contact tracing efforts. CHCC continues to work with the Governor's COVID-19 Task Force to expand designated isolation areas to closely monitor the well-being of individuals with symptoms.

As of April 14, 2020, the CNMI has submitted 59 specimens for COVID-19 testing. Of these 59 specimens, 55 have been processed, resulting in **13 positive** specimens, **42 negative** specimens. CHCC awaits the results of four (4) specimens.

<b>Demographics of Positive Cases</b>			
Age Category (Yrs.)	Male	Female	Total
0-4	0	0	0
5-19	0	1	1
20-49	3	1	4
50-64	4	2	6
65+	1	1	2
Total	8	5	<b>13</b>

## **STAY AT HOME, STOP THE SPREAD**

The Governor's COVID-19 Task Force and CHCC continue to encourage residents within the Marianas to practice social distancing, which means avoiding close contact with people in order to avoid catching the virus yourself and to avoid passing it on to others.

- Stay home as much as possible. Avoid unnecessary travel or public places.
- Avoid social gatherings in groups of more than 10.
- Pick up food through 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 a 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.
- Use an alcohol-based hand sanitizer if soap and water are not readily available.

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 general information about the CNMI COVID-19 response, please contact the Governor's COVID-19 Task Force Hotline at 287-0046 This number is available Monday to Sunday 7:00AM-7:00PM

For medical 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 7:30AM-8:00PM

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 7:30AM-4:30PM.

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 CHCC on Facebook, Instagram, Twitter at @cnmichcc, check out our website at [www.chcc.gov.mp](http://www.chcc.gov.mp) or call us at (670) 234-8950.

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

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

CHCC Point of Contact:

Janet Guerrero / Portia Tomokane

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

Kevin Bautista

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