

# HEALTH ADVISORY



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



**FOR IMMEDIATE RELEASE**

May 20, 2020

## **Update for Incoming and Outgoing Travelers for the CNMI**

The Governor's COVID-19 Task Force and Commonwealth Healthcare Corporation (CHCC) announce the following procedures for outgoing and incoming travelers, as of May 20, 2020.

### **Inter-Island Travel Within the CNMI and Outgoing Travel From the CNMI**

Individuals travelling within the CNMI do not need proof of a lab test for inter-island travel, but Star Marianas Air (SMA) is requiring proof of a health evaluation to board. To get a health evaluation to board a Star Marianas flight, please visit the MCATS tent during operating hours of 8:00 a.m. to 5:00 p.m. daily. This evaluation looks for symptoms of COVID-19, but does not include a lab test.

Individuals travelling outside of the CNMI are urged to learn the entry requirements of their layover locations and destinations. This is beyond the CNMI's jurisdiction. Neither the CHCC nor the COVID-19 Task Force can guarantee that outbound travelers will not be subject to quarantine during their journey outside the CNMI, as requirements vary by location and can change abruptly.

If you determine that your travel outside the CNMI requires a COVID-19 lab-confirmed health evaluation, schedule your appointment an appropriate amount of time before your departure date. It is the responsibility of the traveler to verify testing/entry requirements and window period for their layover locations and destination. An administrative fee of \$50 shall be charged to cover the expedited lab results, which will be available within 24 to 36 hours after your appointment.

### **Steps to request a COVID-19 Lab-Confirmed Evaluation:**

**Step 1:** Schedule your appointment. Lab results will be available in 24 to 36 hours. Call the CHCC COVID-19 Info line to make your appointment. These numbers are 285-1542, 285-1672, 285-1352, or 285-1854 and are available Monday to Sunday from 7:30 a.m. to 8:00 p.m.

**Step 2:** Make a payment. When you schedule your appointment, the CHCC representative will ask how you would like to make payment. If you want to pay over the phone, call **(670) 236-8319** after you've made your appointment. You can also make a payment in person, but you must arrive 30 minutes before your appointment for payment processing.

**Step 3:** Visit the MCATS Tent #13 on the date of your appointment. The MCATS is located on the CHCC upper level. Patient parking will be available. Individuals are required to have these items to check-in:

- Proof of travel plans (confirmed itinerary or e-ticket)
- A photo ID
- Receipt number (to be given to you by cashier)

- If documentation is invalid or missing, traveler may not be evaluated

**Step 4:** A printed copy of your results will be available at MCATS Tent #13 within 24-36 hours after your appointment. Should your result for COVID-19 be positive, you will be placed under quarantine at Pacific Islands Club (PIC) or Kanoa Resort.

### **Incoming Travelers**

A travel clearance is not needed for travelers entering the CNMI. A travel clearance does not guarantee the traveler will not be subjected to quarantine processing as determined by the CNMI State Health Official. All individuals entering the CNMI will be:

- Immediately transported to a quarantine site for evaluation;
- Subject to quarantine and testing within 5-7 days of their stay;
- Monitored daily for symptoms of COVID-19.

### **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, 287-0489, 287-1089. These numbers are 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, 323-6560, 323-6561 These numbers are available Monday to Friday 7:30AM-4:30PM. For the 24/7 Disaster Distress Helpline please call SAMSHA at 1-800-985-5990

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, visit [governor.gov.mp](http://governor.gov.mp) and please follow @GovernorCNMI on Facebook, Instagram, and Twitter.

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

### **Rumor Control – Stop the Spread of Misinformation**

During crises like this, oftentimes the spread of misinformation is just as dangerous as the virus itself. The CNMI is reminded to only share official and verified notices, press releases, and advisories from the Governor's COVID-19 Task Force and CHCC.

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