



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



FOR IMMEDIATE RELEASE

May 15, 2020

Update on the CNMI Community-Based COVID-19 Testing Initiative

Individuals can now register at www.governor.gov.mp/covid-19/testing

The Governor's COVID-19 Task Force and Commonwealth Healthcare Corporation (CHCC) would like to provide the following updates for the CNMI Community-Based COVID-19 Testing Initiative:

- In partnership with the Mayor's Offices, COVID-19 testing will now expand to include Tinian and Rota starting on Monday, May 18, 2020.
- In addition, the registration portal for all islands will now be using the Governor's COVID-19 Task Force site at www.governor.gov.mp/covid-19/testing.
- The Task Force, CHCC, and TurnKey Solutions optimized the Governor's website to reflect the current testing schedule and locations as well as available slots. This information will be updated routinely.
- Specifically, at Saipan International Airport, there are workstations available at Station 5 (located at the tour bus parking lot near commuter terminal) for community members who have not registered. Please note that even though you register at Station 5, your testing date will be based on the next available slot.
- For businesses with 50 or more employees and for all government agencies, please contact the Governor's COVID-19 Task Force Hotline at 287-0046/0489/1089 for information on group registrations.

Community testing will help us to identify people who may be infected with the virus, especially those who may be pre-symptomatic or asymptomatic, so we can direct these people to the appropriate care, contain the virus, and prevent its spread using tools such as quarantine, isolation, and contact tracing. Community testing may also help us understand how widespread the virus is in the community.

Testing for COVID-19 is not mandatory. It is another tool to help the Task Force and CHCC detect and contain the SARS-COV2 virus, the virus that causes COVID-19. The Task Force and CHCC note that it is important to remember that testing is only a tool to help combat the virus by better containing it.

Getting tested for COVID-19 does not improve response to the illness, nor does it reduce the risk of contracting or transmitting the disease. Our goal is to provide results as quickly as possible within a reasonable time-frame. People who are tested and have a negative result are still vulnerable to the virus.

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. Wear a face covering when you must be in a public place, such as the grocery store or bank.
- Avoid social gatherings of groups of more than 10 people, and gatherings which involve members from outside your immediate household.
- 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 prescription medications.
- For more information about DIY face coverings, please visit <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/cloth-face-cover.html>
- 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:

If you have symptoms which may indicate a COVID-19 infection such as fever, cough, or difficulty breathing, go to the CHCC health tent, located at tent #13 of the Medical Care and Treatment Site at the CHCC Navy Hill campus open daily 8am to 5pm, OR call the CHCC COVID-19 Infoline 285-1542/1672/1352/1854 available Monday to Sunday 7:30AM-8:00PM.

Stay home when you are sick and practice self-quarantine measures. This means:

- Choosing a room in your house to separate yourself from other household members from others who are not sick.
- Wearing a face covering when you can't avoid being around others in your household.
- 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.
- Not accepting visitors to your home.
- Using a separate bathroom, if possible.

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 to 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 CHCC programs, please follow CHCC on Facebook, Instagram, Twitter at @cnmiccc, check out our website at 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 and please follow @GovernorCNMI on Facebook, Instagram, and Twitter.

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

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

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