

# HEALTH ADVISORY



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



## FOR IMMEDIATE RELEASE

June 9, 2020

### **CNMI Cumulative COVID-19 Total Now at 30**

The Governor's COVID-19 Task Force and the Commonwealth Healthcare Corporation (CHCC) would like to inform the public that two (2) additional persons have been confirmed to have contracted COVID-19, bringing CNMI's cumulative case count to 30.

The latest people diagnosed with COVID-19 have no symptoms, but were placed under quarantine pursuant to the Governor's Executive Order for incoming travelers, and were identified as positive for the virus which causes the disease COVID-19.

Of the total 30 confirmed cases, 23 percent (7 cases) have been identified through testing at the Governor's COVID-19 Task Force Quarantine Facility.

Through the Governor's Task Force, many interventions are in place to protect the community from the spread of COVID-19 within the CNMI, and care for those who are diagnosed. Our recent cases, identified through the arrival screening and quarantine process required for all incoming international passengers, highlights the value of this border containment effort. Combined with immediate contact tracing, these interventions are key in minimizing the risk of exposure for COVID-19 to the community.

The CHCC and Governor's Task Force would like to inform the community of changes in how information on people who contract the COVID-19 virus is reported. In order to maintain privacy, from now on, we will only share information that is helpful for the public to assess the risk for COVID-19 transmission and its impact on the community, which may include: age range, method of identification (community testing, known contact of a previous case, or incoming travel), and how the new case affects the Community Vulnerability Rating for the CNMI.

The Governor's COVID-19 Task Force and CHCC would like to assure the public that even with the additional cases, the CNMI Community Vulnerability Level remains at YELLOW because of the high proportion of negative results among an increasing number of people being tested. We would like to encourage the community to continue to be cautious while in public settings. You can reduce your chances of being infected or spreading COVID-19 through the precautionary measures described below.

### **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.
- Choose drive-thru, take-out, or delivery options, or outdoor seating, if available, when dining in.

- Send only one healthy adult from the household 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/checklisthousehold-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 Friday 7:30 am - 4:30 pm.

For medical information about COVID-19, please reach out to the COVID-19 Infoline at the following numbers: 285-1672/1352. These numbers are available Monday to Friday 7:30 am - 4:30 pm.

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 7:30 am - 4:30 pm. 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 [www.governor.gov.mp](http://www.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> and at [www.governor.gov.mp/covid-19](http://www.governor.gov.mp/covid-19).

**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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