

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 24, 2020

Recent travelers reminded to make appointment date for testing after arrival

The Governor's COVID-19 Task Force and the Commonwealth Healthcare Corporation (CHCC) would like to remind travelers (CNMI residents) that arrived on Saturday, June 20, 2020 to get their specimen collected on Thursday, June 25, 2020 at Kanoa Resort Saipan between 8:30 a.m. and 11:00 a.m.

Travelers will have the option to drive-thru or walk-in to the marked testing area and are advised to:

- Bring a photo ID
- Bring your confirmation number
- Wear a face-covering
- Travelers who want to be swabbed in their vehicle must sit next to a window that rolls down

Results will be sent to the email address you provided on the CNMI Mandatory Declaration Form.

The schedule for traveler appointments is as follows:

If you arrived on	Your appointment is	At	Time
Monday	Saturday	Saipan – Kanoa Resort Tinian – Tinian Health Center Rota – Rota Health Center	8:30 a.m. to 11:00 a.m.
Tuesday	Sunday		
Wednesday	Monday		
Thursday	Tuesday		
Friday	Wednesday		
Saturday	Thursday		
Sunday	Friday		

Travelers who do not show up for their appointment will be contacted by the Department of Public Safety (DPS) and may be brought to the designated isolation facility for testing and isolation. The following fees may be assessed:

- \$500 penalty
- up to \$300 for laboratory testing
- \$400 nightly fee at designated isolation facility

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 25.
- 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. 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 a.m. - 4:30 p.m.

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 a.m. - 4:30 p.m. 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 or call us at (670) 234-8950.

For more information on the Governor's COVID-19 Task Force, visit 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.

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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