



# Text Illness Monitoring (T.I.M.)



## Who's TIM?

Text Illness Monitoring (T.I.M.) is a mobile texting tool developed by the Centers for Disease Control and Prevention, and is used to help CNMI health officials monitor your symptoms. Text messaging is an efficient way for you to communicate your symptoms, and any symptom changes, with us so we can help you manage your illness. If you have been informed that you're enrolled in TIM, you will receive 2-5 text messages each day for up to 14 days asking about any symptoms that are consistent with COVID-19 illness.

CHCC staff will immediately be alerted if you respond that you are experiencing symptoms and if you fail to response to two messages in a row. CHCC staff may follow up with you based on your responses. At the end of the 14-day monitoring period, individuals will receive a final message informing you that you have completed monitoring and will be unenrolled from T.I.M.

## What is 2019-nCoV?

2019-nCov is a novel (new) type of coronavirus. People infected with the COVID-19 virus have reported mild to severe respiratory illness with symptoms of:

- Fever
- Cough
- Shortness of breath

## How can I protect myself?

There is currently no vaccine to prevent 2019-nCoV infection. The best way to prevent infection is to avoid being exposed to this virus. The CDC also recommends everyday preventive actions to help prevent the spread of respiratory viruses, including:

- Wash 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.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Avoid close contact with people who are sick.
- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Clean and disinfect frequently touched objects and surfaces.

Seek medical attention right away if your illness is quickly worsening or you are developing new symptoms. Before seeking care, call your doctor and give them details about your illness. *If you have a medical emergency and need to call 911, notify the dispatch personnel if you have a cough, fever, and/or difficulty breathing, especially if you have travelled to an area with confirmed COVID-19 cases in the last 2 weeks or have been exposed to someone who has. If possible, put on a facemask or scarf over your face and nose before emergency medical services arrive.*

**Learn more at**

<https://www.chcc.gov.mp/coronavirusinformation.php>

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