

TRAVELER INFORMATION			
Confirmation ID:		Day 5 Testing Confirmation ID:	
Name:		Date of Birth:	
Proof of PCR Test?		NO	YES
TRAVELER NEXT STEPS TO BE DETERMINED BY CNMI VERIFICATION STAFF (signature) _____			
<input type="checkbox"/> You will be quarantined at the government designated quarantine facility (fees apply to non-residents)			
<input type="checkbox"/> You are being tested on the same day you arrived. (swabber signature) _____			
<input type="checkbox"/> You are being tested on day 5 based on the table below:			
IF YOU ARRIVED	YOUR APPOINTMENT DATE IS	AT	TIME
Monday	Saturday	Saipan - Kanoa Resort Saipan Tinian - Tinian Health Center Rota - Rota Health Center	8:30AM - 11:00AM Travelers who do not show up for their appointment will be followed up by the Department of Public Safety (DPS) and may be brought to the designated isolation facility for testing and isolation, fees may apply: <ul style="list-style-type: none"> • \$500 penalty • up to \$300 for laboratory testing • \$400 nightly fee at designated isolation facility
Tuesday	Sunday		
Wednesday	Monday		
Thursday	Tuesday		
Friday	Wednesday		
Saturday	Thursday		
Sunday	Friday		

WHILE YOU'RE HERE PLEASE:

- 1 Respond to the Sara Alert system** daily (14 days or until your departure date) on your preferred method of contact.
 - You will be registered for the Sara Alert Symptom Monitoring System after you complete the CNMI Mandatory Declaration Form.
 - For more information about Sara Alert please call the 285-1854.
- 2 If applicable, get your specimen collected for COVID-19 testing 5 days after your arrival. See table above for date and time. Please wait at least 72 hours after to get your results. It will be available online at <http://cnmicovidresults.com/>**
- 3 Self-quarantine while you wait for your specimen collection appointment and the results of your test.** Getting tested does not improve your body's response to the illness, nor does it reduce your risk of contracting or transmitting the disease.

Together we can prevent the spread of COVID-19. Thank you for keeping our islands safe.

Traveler information is constantly changing. For more information please visit www.governor.gov.mp or call 287-0046 / 287-1089 / 287-0489

Monday - Friday | 7:30 AM to 6:00 PM



SELF-QUARANTINE MEASURES:

July 18, 2020

Stay home as much as possible and do not allow visitors.

Do not visit public places or your place of work. You may only leave your place of quarantine to get:

- Necessary medical care, food, or other supplies if no one else in your household is able to fulfill these needs for you.

If your workplace or school needs to know that you are in the self-quarantine, you need to tell them.



Separate yourself from others in your home, unless they are also in quarantine and do not have symptoms.

Stay in a separate room and use a separate bathroom, if possible. We encourage you and people who live in your household to wear a face covering



Clean and disinfect frequently touched objects and surfaces.

Wash your hands!

Practice good hand hygiene by washing your hands for 20 seconds with soap and water or by using alcohol-based hand sanitizer.



Cover your cough/sneezes with a tissue, then throw the tissue in the trash.

If there is no tissue, use your sleeve. Not your hands



Practice social distancing & wear a face covering.

If you need to go out, maintain at least 6 feet distance away from others. Avoid touching your eyes, nose, and mouth with unwashed hands.



Take your temperature and respond to Sara Alert daily.

Keep a log of any symptoms you might have. A fever is 100.4 °F or 38 °C

You can end self-quarantine after your results from your test are negative.

WHAT HAPPENS IF YOU TEST POSITIVE?

Should you test positive for SARS-Cov2, the virus which causes COVID-19, a CNMI Health Representative will meet with you to help you understand your infection risk. You'll be ordered to isolate at the designated isolation site to protect others around you. You will be connected to affordable medical treatment if needed, regardless of income or immigration status.

Anyone you have been in close contact with can also access help if you've been exposed to the virus. Your information and the information of your close contacts will not be shared.