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Coronavirus Disease 2019 (COVID-19)

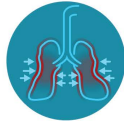
PREVENTION SAVES LIVES!

COVID-19: WHAT YOU NEED TO KNOW

What are the symptoms of COVID-19?



FEVER



**DIFFICULTY
BREATHING**



COUGH

How is COVID-19 spread?



Coughing & sneezing




Close personal contact, such as touching or shaking hands



Touching a contaminated object or surface & then touching your face

How can I protect myself and our community?

- GREET OTHERS WITH A SHAKA instead of a handshake, hug, or kiss 
- WASH YOUR HANDS OFTEN & after touching public surfaces
- WASH HANDS WITH SOAP & WATER FOR 20+ SECONDS or use hand sanitizer with over 60% alcohol
- AVOID TOUCHING YOUR FACE, especially with unwashed hands
- GET YOUR FLU SHOT

- IF YOU ARE SICK - STAY HOME & avoid contact with others
- CALL YOUR DOCTOR if you have symptoms & think you have been exposed to the virus
- COVER YOUR MOUTH & NOSE with a tissue or your sleeve when coughing or sneezing, & throw tissue in the trash
- AVOID GROUP SETTINGS AS MUCH AS POSSIBLE especially if you are age 60+ or have underlying health conditions

FOR MORE INFORMATION ABOUT COVID-19

COUNSELING HOTLINE
Mon-Fri, 8am-10pm
(671) 988-5375
(671) 683-8802
(671) 686-6032

 dphss.guam.gov

MEDICAL HOTLINE
(medical inquiries only)
Mon-Fri, 6am-10pm
(671) 480-7859
(671) 480-6760
(671) 480-6763
(671) 480-7883

(671) 687-6170 ADA Line

**ALL OTHER QUESTIONS
JOINT INFORMATION CENTER**
Mon-Fri, 8am-5pm
(671) 478-0208
(671) 478-0209
(671) 478-0210

 [Guam DPHSS](https://www.facebook.com/GuamDPHSS)



Updated 3/24/2020

Click below to download "Covid-19 What You Need to Know" in different languages.

[ENGLISH](#) [CHUUKES](#) [MARSHALLESE](#) [TAGALOG](#) [ILOCANO](#) [TRADITIONAL CHINESE](#) [SIMPLIFIED CHINESE](#) [KOREAN](#) [JAPANESE](#)

Global Situation as of March 26, 2020

[Click here for more information from the World Health Organization Situation Reports](#)

Click here for more from Dr. Benjie Santiago, GDOE Teacher and Paradise Fitness Center Instructor!

STOP THE SPREAD: STAY HOME
STAY CONNECTED
WHILE SOCIAL DISTANCING

Practice self-care
read a book, listen to music,
have a bath, meditate, bake

Foster family time
keep a routine, make art,
plan activities

Stay healthy
take media breaks, eat a proper meal,
do a free online fitness class

Maintain social connections
call a friend, video chat with
family, host a virtual party



 www.dphss.guam.gov  **Guam DPHSS**

DPHSS 03/23/2020
<http://dphss.guam.gov/2019-novel-coronavirus-2019-n-cov/>



COVID-19:
AS OF 3AM • MARCH 16, 2020
SCHOOLS, NONESSENTIAL GOVGUAM OPERATIONS
SUSPENDED



COVID-19 UPDATES

MARCH 16, 2020

**DPHSS HOTLINE NUMBERS FOR
MEDICAL-RELATED QUESTIONS ONLY
6AM - 10PM**

**DPHSS HAS CREATED AN INFORMATIONAL HOTLINE FOR
THOSE LOOKING TO GET THEIR QUESTIONS ANSWERED
ABOUT COVID-19.**

**REGISTERED NURSES WILL ANSWER YOUR QUESTIONS.
HOTLINE NUMBERS ARE:**

480-7859 • 480-6760 • 480-6763 • 480-7883

**THIS HOTLINE IS FOR MEDICAL-RELATED QUESTIONS ONLY.
FOR ALL OTHER QUESTIONS, PLEASE CALL THE
JOINT INFORMATION CENTER AT GUAM HOMELAND SECURITY**

COVID-19 Guidelines on Guam

On March 14, 2020, Governor Lourdes A. Leon Guerrero declared a State of Emergency on Guam to respond to COVID-19. Here's what this means for Guam:

Work and School:

- Until March 30, 2020, all non-essential government of Guam offices are closed and the services they offer suspended. If you are essential personnel, you will be contacted by

appropriate supervisors to report to work.

- All public and private schools on Guam (pre-K through 12th grade) are closed until March 30, 2020. Student absences connected to the transmission of COVID-19 will not be counted for truancy.
- Places of business with more than 50 people in attendance shall have no more than 50% occupancy and seat no more than 50% of capacity. This does not apply to businesses providing food or necessities (e.g., grocery and convenience stores), hospitals, pharmacies, or other medical offices/facilities. This Order is not intended to prohibit routine business gatherings held at the place of business.

Social Activities:

- Gatherings of 50 people or more in a single room or single space at the same time for social, spiritual, and recreational activities are prohibited. This includes, but is not limited to: community, civic, public, leisure, faith-based, or sporting events, parades, concerts, festivals, fiestas, conventions, fundraisers, and similar activities.
- Social distancing of at least 6 feet, frequent cleaning of all services, posting signs, and permitting/encouraging teleworking are all expected.
- Older residents with pre-existing medical conditions should limit excursions away from home of any type.

Travel:

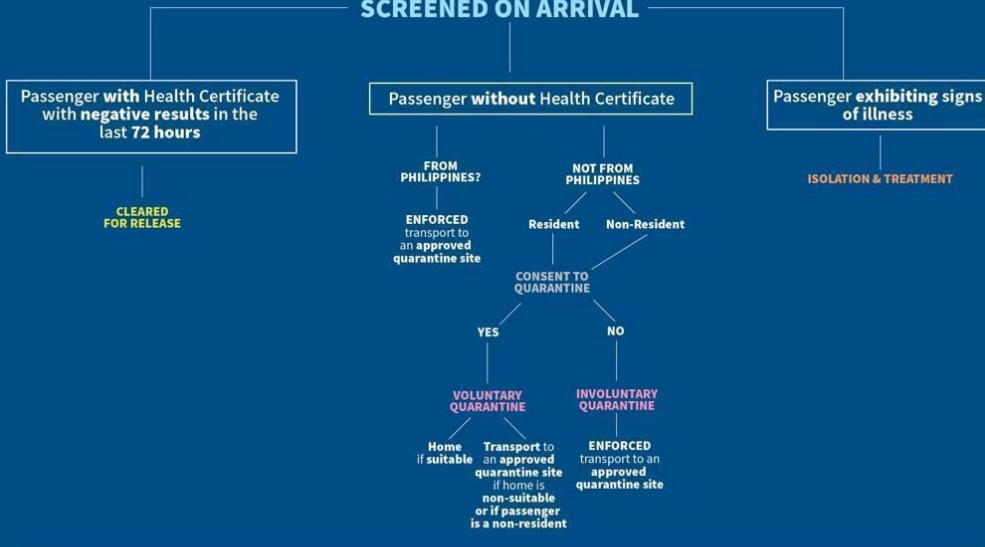
- All travelers to Guam shall will be quarantined for 14 days upon arrival unless they possess a DPHSS certified document that proves they are not infected with COVID-19
- Guam residents and those with ties to the community will be permitted to self-quarantine at home if the home is deemed suitable. Otherwise, travelers will be transported to an approved quarantine site.
- **EXCEPTION:** ALL travelers from the Philippines who do not have a DPHSS-certified document will be transported to an approved quarantine site.
- Any and all costs associated with this quarantine and/or treatment will be the responsibility of the individual.



MANDATORY QUARANTINE PROTOCOLS:

Measures for all incoming travelers from COVID-19 affected areas

SCREENED ON ARRIVAL



DPHSS is requiring all travelers from COVID-19 affected areas to secure a COVID-19 test within 72 hours PRIOR to arrival on Guam and present negative results for entry into Guam. Any and all travelers arriving without these credentials will be subject to quarantine. *This is an evolving situation and is subject to revision without advanced notice.*

Please see Executive Order 2020-04 (attached above) for the specific guidelines issued by the Governor's office.

COVID-19 PRESS RELEASES AND EXECUTIVE ORDERS

- March 25, 2020: Five Test Positive for COVID-19
- **Executive Order 2020-06: Relative to the Creation of COVID-19 CURE Action Team and Extension of Social Isolation Mandates**
- March 24, 2020: 3 Test Positive for COVID-19; Guidance Relative to Executive Order 2020-06
- March 24, 2020: Help Stop the Spread of Misinformation; DPHSS Updates on Home-Delivered Meals; GDOE Grab-N-Go School Meals
- March 23, 2020: 2 Positive Cases for COVID-19; COVID-19 Priority Testing Will Be Limited to Priority Groups
- March 23, 2020: Help Slow the Spread; DOL Seeks Federal Assistance for Unemployment
- March 23, 2020: DPHSS Services: Operation Challenges Delivery of Senior Meals; Information Unit of the Senior Services Branch Discontinued
- March 23, 2020: SBA Disaster Loans Available; Tax Filing Date Extended; 2020 Census Misinformation; DPHSS Services
- March 22, 2020: 12 Positive Cases for COVID-19
- March 22, 2020: Further Evidence of Community Spread of COVID-19; Two Confirmed Cases Traced to Håfa Adai Bingo
- March 22, 2020: Notices of Violation Issued for EO Non-Compliance; DPHSS Counseling Hotline

Numbers Available

- March 22, 2020: First COVID-19 Related Fatality on Guam
- March 21, 2020: One Positive Case for COVID-19
- March 21, 2020: Confirmed COVID-19 Cases Moved to Isolation Facility; Guam Receives Additional Test Kits
- March 20, 2020: Contigo Kids Cleanable Water Bottles Voluntary Recall
- March 20, 2020: Two Positive Cases for COVID-19
- March 20, 2020: Public Health Department Updates on Programs; COVID-19
- March 20, 2020: Information Regarding GMHA Patient; DPHSS Seeks Homes for Foster Children
- March 20, 2020: GDOE "Grab-N-Go" School Meal Program to Launch Monday
- March 19, 2020: Four Positive Cases for COVID-19; Practice Social Distancing to Protect Yourself, Others
- March 19, 2020: COVID-19 Departmental Updates
- **Executive Order 2020-05: Relative to Mandating Social Isolation, Lifting Restrictions on Health Care Licensure, and Clarifying Status of Non-Essential Government of Guam Operations**
- March 18, 2020: 3 Test Positive for COVID-19; Practice Social Distancing, Older Adults Most at Risk
- March 18, 2020: Public Health Updates 2020
- March 18, 2020: Department of Revenue and Taxation Operations
- March 18, 2020: Travel Guidance and Quarantine Protocol in Accordance with Governor's Executive Order
- March 17, 2020: Two New Cases Test Positive for COVID-19
- March 17, 2020: DPHSS Continues to Provide Some Services; Update on Behavioral Health Services
- March 16, 2020: Unverified Messages Circulating; DPHSS Medical Information Phone Lines Available
- **Executive Order 2020-04: Relative to Responding to Confirmed Cases of Novel Coronavirus (COVID-19)**
- **Executive Order 2020-03: Relative to Declaring a State of Emergency to Respond to Novel Coronavirus (COVID-19)**
- March 15, 2020 (3): Updated Information on Confirmed Cases; School Closures
- March 15, 2020 (2): Three Individuals Confirmed Positive for COVID-19
- March 15, 2020 (1): GMHA Visitor Policy Changes; Mayors Council Suspends All Village Events
- March 14, 2020: Guam Public Health Laboratory Tests Three Individuals for COVID-19; All Cleared for COVID-19
- March 13, 2020: Guam Public Health Laboratory Tests Four Surveillance Cases; All Cleared for COVID
- March 12, 2020: Guam Establishes Localized PUI Criteria; Two Tests Pending Analysis
- March 12, 2020: Two Surveillance Cases Negative for COVID-19; Two Others to be Tested
- March 11, 2020: No Confirmed Cases of COVID-19 While Influenza-Like Illnesses and Pneumonia Cases Have Decreased Since Late 2019
- March 10, 2020: Guam Public Health Laboratory Works to Validate Results of Newly Arrived COVID-19 Test Kits; No Suspect or Confirmed Cases.pdf
- March 8, 2020: Ferry Flights from China Monitored; More Health Screenings at Guam Airport
- March 5, 2020: Officials Track Events in the Region; United Airlines Guam Marathon Rescheduled
- March 4, 2020: No Confirmed Cases of COVID-19; Officials Continue to Monitor Events in the Region
- March 1, 2020: Increased Medical Screening for Outbound Passengers from South Korea to the United States; No Confirmed Cases of COVID-19

- February 29, 2020: Guam Communicable Disease Response Plan and Protocol Remains in Place; No Confirmed Cases of COVID-19
- February 28, 2020: U.S. Centers for Disease Control and Prevention Updates Evaluation Criteria
- February 27, 2020: Multi-Agency Efforts Continue to Prepare for COVID-19
- February 26, 2020: Coronavirus Guidance Regarding Student and Employee Travel and Visiting Schools
- February 26, 2020: Laboratory Testing Update by Guam Public Health Laboratory
- February 25, 2020: Officials Monitor Increased COVID-19 Cases in the Region.docx
- February 21, 2020: Guam Airport to Equip Facility with Thermal Scanners
- February 12, 2020: Guam Ready to Receive Test Kits
- February 7, 2020: Administration Denies Entry of Potentially-Infected Vessel
- February 7, 2020: DPHSS Continues to Follow Protocols in Place; CDC Diagnostic Test Kits Requested No Confirmed Cases
- February 5, 2020: DPHSS Addresses Recent Headlines on Rumors of Coronavirus on Guam
- February 3, 2020: Travel Ban Takes Effect
- January 30, 2020: Updates, Multi-agency Efforts, and Patient/Provider Information
- January 27, 2020: No Coronavirus Case in the Marianas; DPHSS to meet with stakeholders
- January 24, 2020: Novel Coronavirus (2019-nCov)
- January 19, 2020: Officials Monitor Outbreak of 2019 Novel Coronavirus in Wuhan, China; Low Threat to Guam

COVID 19
CORONAVIRUS DISEASE

CORONAVIRUS DISEASE 2019 (COVID-19)

SYMPTOMS* OF CORONAVIRUS DISEASE

Patients with COVID-19 have reportedly had mild to severe respiratory illness. Symptoms can include

- Fever
- Cough
- Shortness of breath

*** Symptoms may appear 2–14 days after exposure. If you have been in China within the past 2 weeks and develop symptoms, call your doctor.**

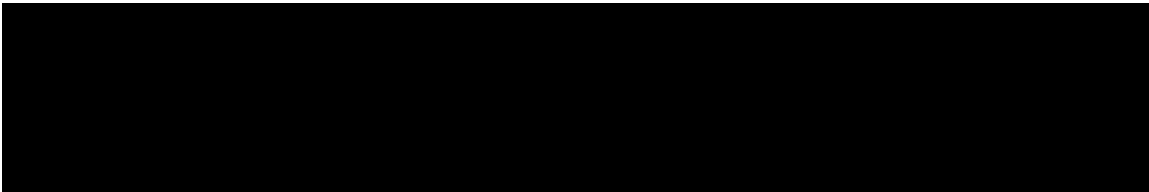
www.cdc.gov/COVID19

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COVID-19: What You Should Know

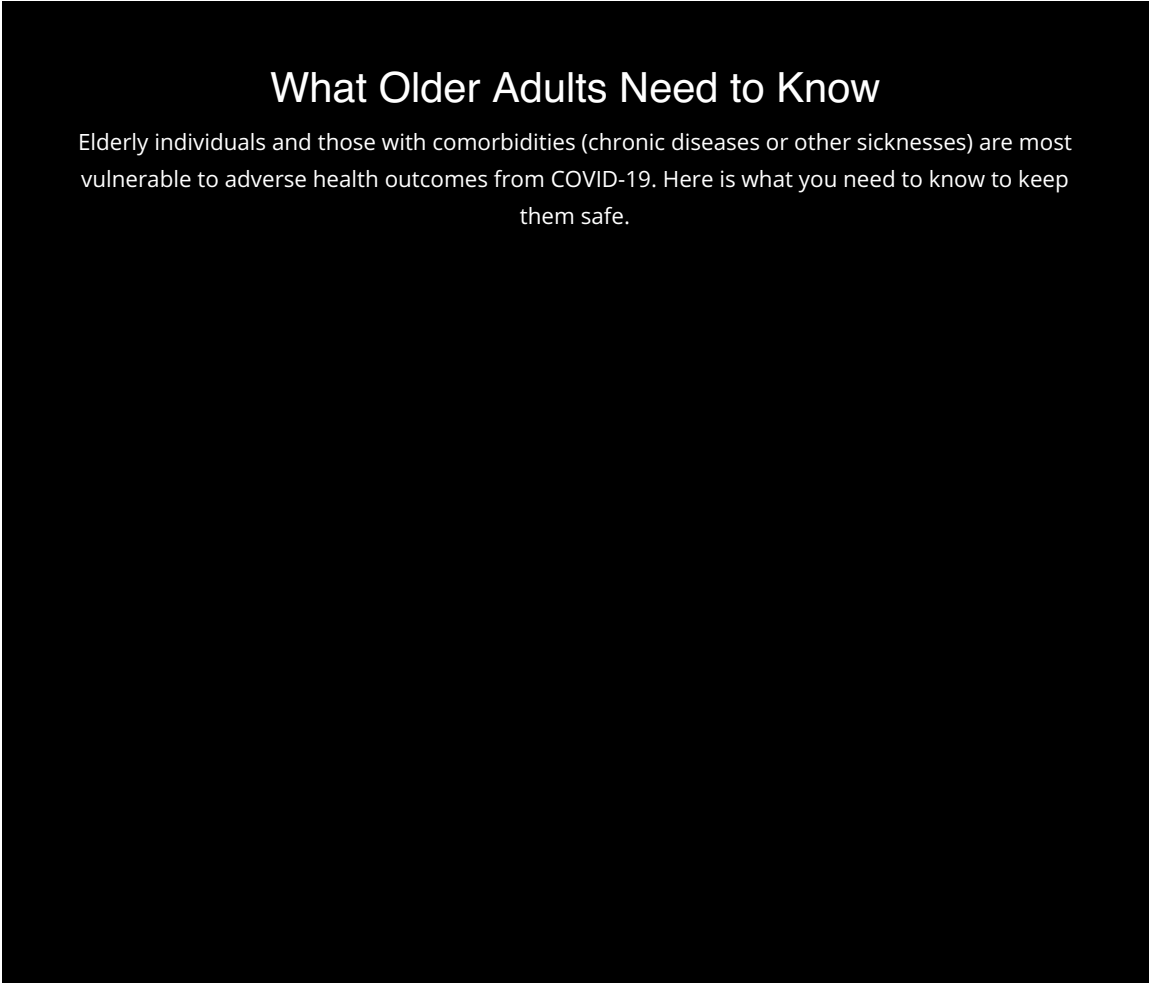
- **Fact Sheet**
- **What the Public Should Do**
- **Myth Busters and FAQs**
- **Interim Guidance for Businesses and Employers (non-healthcare settings)**
- **Information on COVID-19 for Pregnant Women and Children.pdf**
- **Interim Guidance to Help Household Members Get Ready for COVID-19**
- **Interim Guidance for Administrators of US Childcare Programs and K-12 Schools to Plan, Prepare, and Respond to COVID-19**
- **Interim Guidance for Dialysis Facilities**
- **Strategies to Prevent the Spread of COVID-19 in Long-Term Care Facilities**
- **Official CDC Guidance on Global Travel on Cruise Ships**
- **People at Risk for Serious Illness from COVID-19**
- **For all incoming travelers, including residents: Voluntary Self Quarantine Letter**

Washing Hands Saves Lives



What Older Adults Need to Know

Elderly individuals and those with comorbidities (chronic diseases or other sicknesses) are most vulnerable to adverse health outcomes from COVID-19. Here is what you need to know to keep them safe.



The Basics

COVID-19 is a respiratory disease caused by a novel (new) coronavirus. Coronaviruses are a large family of viruses that are typically found in animals, but in some instances, can infect humans and spread by person-to-person transmission, which is happening with COVID-19. Both MERS and SARS

were coronaviruses that originated in bats. COVID-19 originated in Wuhan, China and the vast majority of the confirmed cases across the world are located there. Patients testing positive for COVID-19 have also been identified in 28 other countries, including the Philippines, Japan, and United States. Severity of the disease ranges from mild, cold-like symptoms to death. Continue reading for more information.

Click
Here



PHYSICIAN'S ALERT

UPDATED COVID-19 PUI CRITERIA AND TESTING: March 12, 2020

On March 4, 2020, the Centers for Disease Control and Prevention (CDC) broadened its criteria for evaluating persons under investigation (PUI) for COVID-19 as access to COVID-19 testing expands to more locations.

As of March 12, 2020, testing for SARS-CoV-2, the virus that causes the COVID-19 illness, will be available at the Guam Public Health Lab (GPHL). As DPHSS continues to monitor for possible cases of COVID-19 and to keep our community safe, GPHL will test specimens from patients who meet the following criteria:

1. COVID-19 PUI- "Patients with symptoms of COVID-19 and are at high risk."

• **Hospitalized patients** with:

- Fever and signs/symptoms of a lower respiratory illness (e.g., cough or shortness of breath) AND a history of travel from affected geographic areas within 14 days of symptom onset
- Fever with severe acute lower respiratory illness (e.g., pneumonia, acute respiratory disease syndrome [ARDS]) without alternative explanatory diagnosis (e.g., influenza)
- Persons with clinical signs/symptoms of COVID-19 who have had close contact with a laboratory confirmed COVID-19 patient within 14 days of symptom onset

2. SURVEILLANCE CASE- "Patients that a clinician has judged should be tested, but **does not** meet the COVID-19

PUI criteria.”

- Surveillance cases of COVID-19 will be evaluated on a case-by-case basis. Testing of surveillance cases may be capped based on testing availability. Clinicians should work with DPHSS to coordinate testing through GPLH. Clinicians should use their judgement to determine if a patient has signs and symptoms compatible with COVID-19 and whether the patient should be tested. Most patients with confirmed COVID-19 have developed fever and/or symptoms of acute respiratory illness (e.g., cough, difficulty breathing). Clinicians are strongly encouraged to test for other causes of respiratory illness (e.g., influenza).

Priorities for testing surveillance cases include:

- Symptomatic individuals such as older adults (age \geq 65 years) and individuals with chronic medical conditions and/or an immunocompromised state that may put them at higher risk for poor outcomes (e.g., diabetes, heart disease, receiving immunosuppressive medications, chronic lung disease, chronic kidney disease).
- Any persons including health care personnel, who within 14 days of symptoms onset had close contact with a suspect or laboratory-confirmed COVID-19 patient, or who have a history of travel from affected geographic areas within 14 days of symptoms onset.

Mildly ill patients should be encouraged to stay home and contact their healthcare provider by phone for guidance about clinical management. Patients who have severe symptoms, such as difficulty breathing, should seek care immediately. Older patients and individuals who have underlying medical conditions or are immunocompromised should contact their physician early in the course of even mild illness.

After Identifying a PUI

If a patient meets the PUI or surveillance case criteria described above, providers should immediately notify DPHSS and implement recommended infection prevention and control practices (<https://www.cdc.gov/coronavirus/2019-ncov/infection-control/control-recommendations.html>) as well as notify infection control personnel at the health care facility.

Once a PUI or surveillance case has been determined, health care personnel (HCP) should collect specimens required for COVID-19 testing: one (1) nasopharyngeal (NP) swab. **HCP collecting specimens for COVID-19 testing from PUIs and surveillance cases should adhere to Standard, Contact, and Airborne Precautions, including the use of eye protection.** These procedures should take place in an Airborne Infection Isolation Room (AIIR) or in an examination room with the door closed. Please follow GPLH’s guidelines for proper Specimen Collection, Submission, and Transport.

A patient who has been identified as a PUI will be isolated at a health care facility. DPHSS will begin contact tracing (tracking down contacts of the PUI and ask them to stay home in order to prevent the illness from spreading further).

A surveillance case will be home isolated until results from the test specimen is known.

GPLH relocated from its Mangilao facility to the third floor of the RAN-CARE Building at 761 South Marine Corps Drive, Tamuning, Guam 96913.

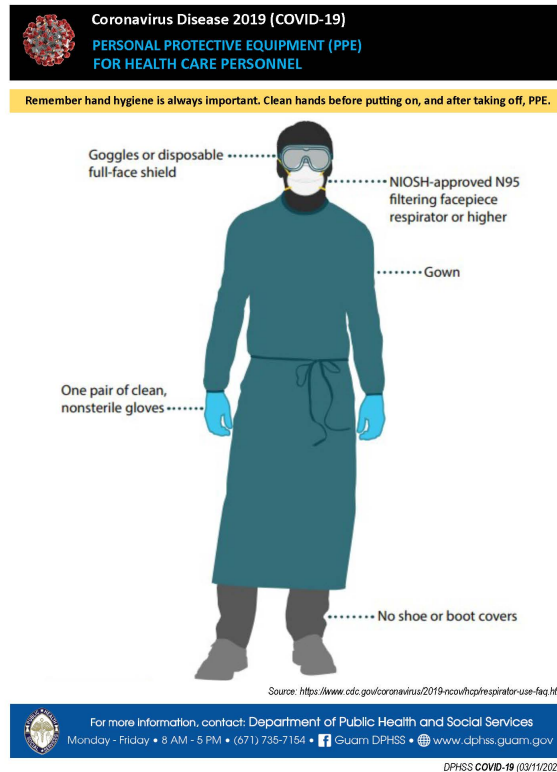
For more information, contact Anne Marie Santos, GPLH Laboratory Administrator via email at

AnneMarie.Santos@dphss.guam.gov.

**LINDA UNPINGCO DENORCEY, MPH
DIRECTOR**

Personal Protective Equipment (PPE) for Healthcare Personnel

More Information on
PPE



Community Resources and Educational Materials

These print-ready materials can be downloaded, printed, and distributed to help raise awareness about the prevention of respiratory illnesses, including COVID-19.

For the General Population:

- Tips that Can Help Prevent the Spread of illnesses, including coronavirus_GP (4.25" x 11")
- Tips that Can Help Prevent the Spread of illnesses, including coronavirus_GP (8.5" x 11")
- Tips that Can Help Prevent the Spread of illnesses, including coronavirus_GP (18" x 24")
- Stop Germs! Wash Your Hands_GP (4.25" x 11")
- Stop Germs! Wash Your Hands_GP (8.5" x 11")

- **Stop Germs! Wash Your Hands_GP (18" x 24")**

For Children and Teens:

- **Stop the Spread of Germs_Children_Teens (4.25" x 11")**
- **Stop the Spread of Germs_Children_Teens (8.5" x 11")**
- **Stop the Spread of Germs_Children_Teens (18" x 24")**
- **Stop Germs! Wash Your Hands_Children_Teens (4.25" x 11")**
- **Stop Germs! Wash Your Hands_Children_Teens (8.5" x 11")**
- **Stop Germs! Wash Your Hands_Children_Teens (18" x 24")**

For Healthcare Settings:

- **Stop the Spread of Germs that Can Make You and Others Sick_Healthcare (4.25" x 11")**
- **Stop the Spread of Germs that Can Make You and Others Sick_Healthcare (8.5" x 11")**
- **Stop the Spread of Germs that Can Make You and Others Sick_Healthcare (18" x 24")**
- **Important Notice to Patients-Visitors Door Sign_Healthcare (11" x 17")**
- **Airborne Precautions (8" x 11")**
- **Contact Precautions (8" x 11")**
- **Droplet Precautions (8" x 11")**

Passenger Health Alert Cards (for international travelers arriving on or departing from Guam):

- **Health Alert Cards: Simplified Chinese**
- **Health Alert Cards: Traditional Chinese**
- **Health Alert Cards: Korean**
- **Health Alert Cards: Japanese**
- **Health Alert Cards: English**



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Related Sites

[Medicare.gov](#)

[Flu.gov](#)

[CDC.gov](#)

[World Health Organization](#)

[Choose My Plate](#)

[STD/HIV Program - Prutehi Hao](#)

[National Diabetes Education Program](#)

[SMP Resource](#)

[Protect Your Baby from Whooping Cough](#)



OFFICE OF TECHNOLOGY
GOVERNMENT OF GUAM

