



# COVID-19

# Pohnpei COVID-19 Task Force



## Spitting Advisory

We are all probably aware of the threat posed by COVID-19 to all people, and the measures that the Pohnpei State Government is taking to stop the spread of the disease.

### Spitting Advisory for Pohnpei:

- To limit the spread of COVID-19, the public is strongly advised NOT to spit in public places, including in public receptacles or rubbish bins, in public sinks or from vehicles.
- The virus that causes COVID-19 spreads through saliva (spit) and mucus. Get in the habit of NOT spitting in public, as this may facilitate the spread of COVID-19.
- If you see anyone spitting in public, please ask them NOT to do so and inform them about this advisory OR take a photo as evidence and send it to pohnpeipublicinformation@gmail.com, with as much information as possible (name, date, location, etc.), for appropriate penalties to be issued.
- For your own health, avoid people who spit in public, as this could be a way to spread the virus.
- The elderly, infirm, or anyone with pre-existing health conditions, such as those with diabetes, kidney disease, high blood pressure, chronic lung disease, asthma, heart conditions or compromised immune systems should not chew or spit, nor be around people who chew or spit.

### The following advice is offered for people who chew betelnut or otherwise have the urge to spit:

- This is probably the appropriate time to quit chewing betelnut.
- If you cannot fight your urge to chew, please be mindful of others and carry a spit bottle. When you are done with it, dispose of the spit bottle properly—in a rubbish bin or trash can where it cannot leak, preferably in the trash at your own home.
- DO NOT leave or throw your spit bottle or can away in a public place, including on the side of the road – this is littering and can lead to fines.
- Always wash your hands with soap and water for at least 40-60 seconds or use alcohol-based hand sanitizer to clean your hands.

**This advisory will be updated to include strict penalties for noncompliance.**

**This Advisory is subject to change when new information becomes available.**

For more information, call 320-2235 or visit the official Pohnpei State Government Facebook Page: Pohnpei State Enginkehlap or email: pohnpeipublicinformation@gmail.com

