



COVID-19

Pohnpei COVID-19 Task Force



Travel Advisory

All existing standards as enforced by the Pohnpei Environmental Protection Agency and the Pohnpei Department of Health and Social Services are to be followed strictly.

Travel increases your chance of getting and spreading Coronavirus Disease 2019 (COVID-19). The risk is even higher if you have travelled to a country with an outbreak of COVID-19.

Quarantine in the context of COVID-19 is movement restriction of persons such as travelers who may not necessarily be ill but might have been exposed to COVID-19. It involves separating them from the rest of the population with the objective of monitoring their symptoms and ensuring early detection of cases.

Mandatory Quarantine measures for incoming travelers:

- All incoming travelers will be mandatorily quarantined in a designated Government Quarantine Facility for 14 days.
- Persons who are in quarantine will be placed in adequately ventilated, spacious rooms with basic hygiene facilities and where physical distancing can be observed.
- There will be daily follow ups and monitoring of persons in quarantine and screening for body temperature and other symptoms like fever, persistent cough, and difficulty in breathing.
- Any person in quarantine who develops febrile illness or respiratory symptoms at any point during the quarantine period will be treated and managed as a suspected case of COVID-19.
- Persons in quarantine are required to maintain physical distancing of at least 6 feet away from others.
- Government to ensure persons in quarantine are able to communicate with family members who are outside the quarantine facility.
- Psychosocial support to be provided to all persons who are in quarantine.
- Special attention to be provided to older persons and those with comorbid conditions because of their increased risk for severe COVID-19.
- The basic COVID-19 precautions will apply to all persons who are quarantined and to quarantine personnel:
 - ✓ Wash hands with soap often or use alcohol-based sanitizer, particularly after contact with respiratory secretions, before eating, and after using the toilet. Clean hands with an alcohol-based sanitizer.
 - ✓ Practice respiratory hygiene like covering the nose and mouth with a bent elbow or paper tissue when coughing or sneezing and then immediately disposing of the tissue in a wastebasket, and then wash hands with soap.
 - ✓ Avoid touching the eyes, nose, and mouth with unwashed hands.

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

For more information call 320-3109.

