


Coronavirus Disease 2019 (COVID-19) Update

Yap Department of Health Services

March 22, 2020



In YAP:
 # of confirmed cases in Yap: 0
 # of current PUI in Yap: 0
(Person Under Investigation is one who has COVID-19 symptoms.)
 From 3/15—3/19
 # of PUI Tests done: 3
 # of PUI tests pos: 0
 # of PUI tests neg: 3
 # of PUM in Yap: 149
(Person Under Monitoring is one without symptoms but has been in contact with a PUI or confirmed case, or has come from a place with confirmed COVID-19 cases and requires quarantine monitoring.)

In FSM:
 # of confirmed cases in Chuuk: 0
 Pohnpei: 0
 Kosrae: 0

North Pacific Region:
 # of confirmed cases in Guam: 27 (1 death)
 Palau: 0
 RMI: 0

Globally as of 3/21:
 # of cases: 266,073
 # of deaths: 11,184

SUMMARY OF COVID-19 SITUATION

International: WHO has shared that worldwide it took over 3months to reach the first 100,000 cases and only 12 days to reach the next 100,000 cases. WHO wants you to know that if you are not in an area where COVID-19 is spreading or have not travelled from an area where COVID-19 is spreading or have not been in contact with an infected patient, your risk of infection is low. WHO says vaccine trials have begun and it has also partnered with international organizations to conduct an international study called the "Solidarity Trial" to look at the most effective treatments for Covid-19.

National: Office of the FSM President confirmed that as of March 20, 2020 all the PUI tested in FSM for Covid-19 were negative. 14 days mandatory quarantine for all incoming passengers to FSM is still enforced, except for Chuuk and Pohnpei. Governors of both States have banned passengers from deplaning in Chuuk until March 29 and PNI until further notice. United Airlines has suspended all flights into and out of Kosrae until April 13/14. Yap is still allowing once weekly United flights with passengers on Sundays.

Local: The Yap Health Crisis Taskforce will set up a third quarantine site to be at the Colonia Middle School in addition to the Sports Complex and the Yap High School. DHS wants you to know that adults with hypertension, diabetes, heart disease, and chronic respiratory disease may be vulnerable to COVID-19 especially the elderly who have any of these pre-existing medical conditions. We all have a role to play in stopping the spread of this disease and protecting the health of our communities. DHS is pleased that the community is making use of the Covid-19 Hotline (350 4161) to get information on the flights, quarantine measures, what to do if they feel sick, home isolation and social distancing. DHS is not giving out hand sanitizer and face masks due to limited stock. Given the unpredictability of further supply as worldwide travel and supply chains shutdown due to lockdowns, DHS must prioritize use of these items for our frontline health workers and sick patients in need. Meanwhile, our community is encouraged to continue practicing social distancing, good hand hygiene and cough etiquette. See tips below for Covid-19 prevention.

SIGNS AND SYMPTOMS OF COVID-19 (all or any combination of):

Usual symptoms:

1. Fever, 2. Dry Cough and 3. Fatigue

Can also present with:

1. Difficulty breathing, 2. Sore throat, 3. Sneezing, 4. Productive cough, 5. Diarrhea

IF YOU HAVE ANY OF THE ABOVE MENTIONED COVID-19 LIKE SYMPTOMS

Do not rush to the hospital. Instead stay at home, call 350-4161, and ask to speak to Public Health staff, Cindy You, for information and further instructions during govt. working hours from 7:30 am - 4:30 pm, Mon.-Fri. After hours, weekends and holidays ask for the doctor on call.

HEALTH ADVICE FOR PREVENTION OF COVID-19

1. Wash your hands with soap and water for 20 seconds regularly or use hand sanitizer containing at least 60% alcohol and rub for 15 seconds. No more hand shaking!
2. Avoid unnecessary touching of your face (esp. nose, mouth, eyes).
3. Always cover your mouth and nose when you cough/sneeze with tissue and then dispose properly.
4. Stay healthy (eat well, sleep enough, exercise, take breaks, wash betelnut/leaf before chewing).
5. Avoid mass-gatherings and public community events.
6. Practice social distancing—keep 6 ft. away from others.

FOR REGULAR COVID-19 UPDATES

Radio: V6AI 1494 AM (Mon., Wed., Fri.) 8:45am in English; 1:45pm & 7:45pm in local languages; & 5pm.
<https://www.facebook.com/Waab-Community-Health-Center-554531107958008>