



# OFFICE OF THE GOVERNOR

STATE OF POHNPEI  
KOLONIA, POHNPEI FM 96941  
TEL: (691) 320-2235/2204 FAX: (691) 320-2505

## **Travel Advisory**

*As of March 16, 2020*

*This advisory serves as an official announcement from the Pohnpei State Government to provide information and recommendations to the general public on the ongoing state of emergency declared by Constitutional Executive Order 20-01, signed by TH Reed B. Oliver, Governor of Pohnpei State, on March 11, 2020.*

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### **TRAVEL ADVISORY**

To limit the spread of COVID-19, we recommend that unless you are travelling for emergency medical treatment outside of Pohnpei or if you are returning to Pohnpei that you postpone your travel plans.

Many countries have put in place travel or border restrictions and other restrictions such as quarantines.

Due to the rapidly evolving pace of the global COVID-19 situation, new restrictions may be imposed with little to no warning. Your travel plans may be disrupted. Think about what this means for your health, and your family, work and school responsibilities.

Although not advised, if you do travel to Pohnpei, please bear in mind that you will be required to undergo a mandatory 14-day quarantine. The 14-day quarantine is part of the Constitutional Executive Order and unless revoked or amended is in effect for 30 days from March 11, 2020.

**Government travel by Pohnpei State Employees is hereby suspended until further notice for the further duration of this emergency declaration.**

**It is important to remember that if you travel abroad, you could be subject to other measures of other countries. More importantly, you may be more exposed to contracting COVID-19 while travelling.**

Please check with the Governor's office if you or any of your family is planning on traveling to or from Pohnpei for the latest information. You can call us at 320-2570, visit our official Facebook page: Pohnpei State Enginkehlap or email: [pohnpeipublicinformation@gmail.com](mailto:pohnpeipublicinformation@gmail.com).



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## STATE OF POHNPEI

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FOR IMMEDIATE RELEASE

Date Released: March 17, 2020

### Official Statement: COVID-19

#### Suspect COVID-19 case identified in Pohnpei, FSM

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##### KEY POINTS:

- There are currently **no confirmed cases** of COVID-19 in Pohnpei, FSM.
  - On March 16, 2020, **Pohnpei** identified its first **suspected case** of COVID-19, **Person Under Investigation (PUI)**.
  - This case is being treated and investigations are underway for off-island testing to determine if this case is a confirmed case of COVID-19.
  - A “Person Under Investigation” designation ONLY means they have presented with some of the symptoms associated with COVID-19. It does NOT mean they have the disease.
  - The public is advised to remain calm and practice preventative measures.
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The Pohnpei State COVID-19 Task Force advises that as of March 16, 2020, one (1) suspected case of novel coronavirus (COVID-19), otherwise known as a **Person Under Investigation (PUI)** has been identified on Pohnpei.

The suspected case is currently in isolation away from public contact in a secured government facility. Laboratory tests were sent today, March 17, 2020. In response to this case, the Department has undertaken increased public health measures should this case turn out to be a case of COVID-19. The Department wishes to reemphasize to the public that **there are no confirmed cases of COVID-19 in Pohnpei**.

The Pohnpei State COVID-19 Task Force, with the help from the National Government, World Health Organization, International Organization for Migration, Micronesia Red Cross and UNICEF technical experts, is responding to this case and implementing intensive public health measures. The Department will provide an update to the public once laboratory test results become available.

For credible sources of information on COVID-19, visit:

**Pohnpei State Facebook:** <https://www.facebook.com/PohnpeiStateGov/>









**V6AH Radio station/Pohnpei Public Broadcasting Corporation YouTube:**

<https://www.youtube.com/channel/UC103DbQcwFPuaCF4pleV7rw>

**CDC Website:** <https://www.cdc.gov/coronavirus/2019-ncov/about/prevention-treatment.html>

**WHO Website:** <https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public>

**ADVICE TO THE PUBLIC:**

 <b>DO's</b>	<b>DON'TS</b>
<ul style="list-style-type: none"><li> Learn more about COVID-19.</li><li> Watch out for signs and symptoms.</li><li> Call 320-3109 if you get symptoms.</li><li> Stay at home and avoid public spaces and crowds.</li><li> Always practice good hand and cough hygiene - wash hands regularly with soap and water, or using hand sanitizer, and cover your cough and sneeze.</li><li> Follow Pohnpei's current advisories on travel and public events and gatherings.</li><li> Use credible sources for information on COVID-19.</li></ul>	<p>If you have COVID-19 symptoms, <b>DO NOT</b> go to the hospital, clinics or dispensaries as this can cause further spread, call 320-3109.</p> <p>Do not attend public gatherings or crowds.</p> <p>Do not come in close contact with anyone who has fever and cough.</p> <p>Do not share misinformation and rumors, or discriminate against anyone associated with COVID-19.</p> <p>Do not believe everything you read on social media</p> <p>Do not ignore symptoms, call 320-3109</p>

Signs and symptoms of COVID-19 are mild and similar to a cold, like a runny nose, fever, cough, shortness of breath and body aches.

The Department will inform the public as soon as possible once we have a confirmed case. For general information about COVID-19, contact 320-3109, listen to daily updates on V6AH Radio or visit the official Pohnpei State Government Facebook page: Pohnpei State Enginkehlap.

Thank you.

Dr.Marcelle Gallen  
Chairperson, Pohnpei State COVID-19 Task Force



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## STATE OF POHNPEI

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TEL: (691) 320-2235/2204 FAX: (691) 320-2505

### **Advisory for Public Events and Gatherings**

*As of March 16, 2020*

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#### **Gathering Advisory for Pohnpei:**

- To limit the spread of COVID-19, the public is strongly advised to avoid public events and gatherings.
  - The intent of the measure is to avoid non-essential gatherings which may facilitate the spread of COVID-19.
  - Public gatherings include: cultural funerals, traditional community feasts, church and religious gatherings including upcoming Easter Gospel, sporting events, sakau markets, birthday parties, fundraisers, bingo and any gathering in the public.
- Avoid close contact with others as much as possible.
- Maintain *at least* 6 feet distance between yourself and anyone who is coughing or sneezing.
- As much as possible, please stay at home.
- Limiting alcohol use (as this may affect your ability to adequately follow this advice).

#### **The following people should not attend events of any size:**

- Anyone who is unwell.
- Anyone who has recently traveled in the past 14 days is highly urged to self-isolate.
- Anyone with existing health conditions, such as those with diabetes, kidney problem, high blood pressure, chronic lung disease or compromised immune systems.

COVID-19 is caused by a new virus that causes a flu-like illness. The virus spreads primarily from person to person through close contact, usually when an infected person coughs or sneezes and their respiratory droplets land in the mouths or noses of people who are nearby. A person may also be infected if they touch a surface or an object (like a door handle or table) that has the virus on it and then touch their mouth or face. Generally, the virus is only spread when a person is in close contact with a sick person, for example living in the same household or workplace.

***Common signs and symptoms***

- fever
- cough
- sore throat
- shortness of breath / breathing difficulties

A recent study published in the New England Journal of Medicine has concluded that the corona virus survives on hard surfaces such as plastic and stainless steel for up to 72 hours and on cardboard for up to 24 hours.

Washing your hands with soap and water for 20 seconds or using 60 percent or more alcohol-based hand sanitizer kills viruses that may be on your hands.

Please check with the Governor's Office for the latest information. You can call us at 320-2570, visit our official Facebook Page: Pohnpei State Enginkehlap or email: [pohnpeipublicinformation@gmail.com](mailto:pohnpeipublicinformation@gmail.com)