

**PREVENTION SAVES LIVES!**

We're ALL in this  
TOGETHER



March 2020

**GUAM GUIDE TO COVID-19**

# COVID-19 WHAT YOU NEED TO KNOW

## What is the Coronavirus Disease 2019 (COVID-19)?

- The novel coronavirus (COVID-19) is a new virus causes respiratory illness in people and can spread from person to person.
- Severe Acute Respiratory Syndrome Coronavirus 2 (SARS-CoV-2) is the virus that causes COVID-19 first identified in Wuhan China, back in December 2019.
- On February 11, 2020, the World Health Organization announced an official name for the disease, coronavirus disease 2019, abbreviated as COVID-19.

## How is COVID-19 spread?



coughing and  
sneezing



close personal contact,  
such as touching  
or shaking hands



touching a contaminated  
object or surface and  
then touching your face

## What are the symptoms of COVID-19?

Patients with COVID-19 have experienced mild symptoms to severe illnesses and deaths. Common Symptoms can include: fever, chills, muscle aches, cough, shortness of breath, chest pain, congestion, runny nose, sore throat, nausea, vomiting or diarrhea, abdominal pain, headache, weakness, and/or loss of smell and taste.



fever



cough



shortness of breath



loss of smell and taste

\*Symptoms may appear 2-14 days after exposure.

If you are experiencing any of these, please call your health care provider or the DPHSS COVID-19 Medical Triage Hotline Numbers at (671) 480-7859, (671) 480-6760, (671) 480-6763, (671) 480-7883, (671) 687-6170 ADA Line (Daily: 6AM - 10PM).

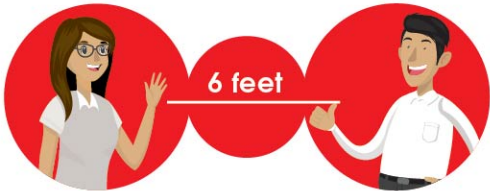


# COVID-19 WHAT YOU NEED TO KNOW

## How can I protect myself and our community?

### PRACTICE SOCIAL DISTANCING

- Keep distance at least six (6) feet between yourself and others.
- Greet others with a wave or shaka , instead of a hand shake, hug, or kiss.



- Temporarily stop the cultural practice of kissing or “manginge” of the elder (or priest) hand.
- Avoid group settings as much as possible, especially if you are age 60+ or have underlying health conditions.



**WEAR FACE MASKS** or use of cloth face coverings in public settings.



**COVER YOUR MOUTH AND NOSE** with a tissue or your sleeve when coughing or sneezing, and throw tissue in the trash.



**WASH YOUR HANDS OFTEN** and after touching public surfaces. **WASH HANDS WITH SOAP AND WATER FOR 20 SECONDS** or use an alcohol-based hand sanitizer that contains at least 60% of alcohol.



**IF YOU ARE SICK, STAY HOME** and avoid contact with others.



**AVOID TOUCHING YOUR EYES, NOSE AND MOUTH** with unwashed hands.



**CLEAN AND DISINFECT** frequently touched objects and surfaces.



**CALL YOUR DOCTOR** if you have symptoms and think you have been exposed to the virus.

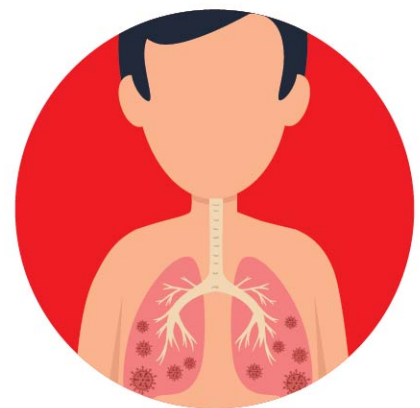
## Are You at Higher Risk for Severe Illness?

Based on what we know now, those at high-risk for severe illness from COVID-19 are:

- People aged 65 years and older
- People who live in a nursing home or long-term care facility

People of all ages with underlying medical conditions, particularly if not well controlled, including:

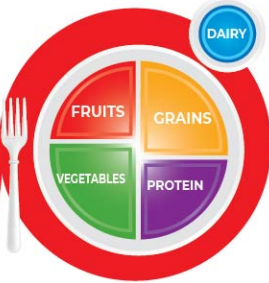
- People with chronic lung disease or moderate to severe asthma
- People who have serious heart conditions
- People who are immunocompromised
  - Many conditions can cause a person to be immunocompromised, including cancer treatment, smoking, bone marrow or organ transplantation, immune deficiencies, poorly controlled HIV or AIDS, and prolonged use of corticosteroids and other immune weakening medications.
- People with severe obesity (body mass index (BMI) of 40 or higher)
- People with diabetes
- People with chronic kidney disease undergoing dialysis
- People with liver disease



# HOW DO I COPE WITH FEAR AND ANXIETY DURING COVID-19 PANDEMIC?



Take breaks from watching, reading, or listening to news stories, including social media. Hearing about the pandemic repeatedly can be upsetting.



Take care of your body. Take deep breaths, stretch, or meditate. Eat healthy, well-balanced meals, exercise regularly, get plenty of sleep, and avoid alcohol and drugs.



Do things that help you relax. Read a book. Listen to music.



Do some other activities you enjoy. Explore the list of free online resources.



Connect with family members and friends via telephone, email or social media.

# ACTIVITIES TO KEEP YOU BUSY DURING COVID-19

## • LINKS FOR THE WHOLE FAMILY

- Life on Guam Workbooks  
<https://www.guampedia.com/life-on-guam/>
- PBS Guam  
<https://www.pbs.org/parents/learn-grow>
- Character Education Videos  
<https://youtu.be/Cec6MMK6RMQ>
- Nihi Kids  
[https://www.youtube.com/channel/UCgjoE\\_EgWzSBCDKYpNZs4\\_w](https://www.youtube.com/channel/UCgjoE_EgWzSBCDKYpNZs4_w)



## • TAKE CARE OF YOUR BODY: STAY HEALTHY

- Eat healthy, well-balanced meals  
<https://www.cdc.gov/nccdphp/dnpao/features/national-nutrition-month/>
- Get plenty of sleep  
[https://www.cdc.gov/sleep/about\\_sleep/sleep\\_hygiene.html](https://www.cdc.gov/sleep/about_sleep/sleep_hygiene.html)
- Avoid alcohol and drugs  
<https://www.cdc.gov/alcohol/fact-sheets/alcohol-use.htm>  
<https://www.drugabuse.gov/related-topics/health-consequences-drug-misuse>
- Exercise regularly  
At-Home Workouts: [https://www.youtube.com/channel/UCmlnhYUTQQmBmm8nX\\_0flq](https://www.youtube.com/channel/UCmlnhYUTQQmBmm8nX_0flq)  
Fun Family Workouts: <https://www.youtube.com/watch?v=5if4cjO5nxoa>  
Workouts for Beginners: [https://www.youtube.com/watch?v=gC\\_L9qAHVJ8](https://www.youtube.com/watch?v=gC_L9qAHVJ8)



# ACTIVITIES TO KEEP YOU BUSY DURING COVID-19

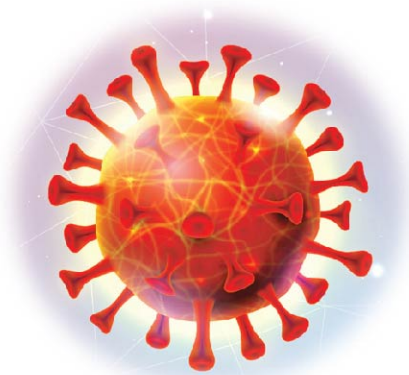
## • ONLINE EDUCATIONAL LINKS

- 33 National Park Virtual Field Trip  
<https://totallythebomb.com/heres-33-national-park-tours-you>
- Scholastic Learn from Home  
<https://classroommagazines.scholastic.com>
- Storytime from Space  
<https://storytimefromspace.com/ada-twist-scientist/>
- Complete NASA Library  
<https://www.diyphotography.net/nasa-makes-entire-media-library-publicly-accessible-copyright-free/>
- Printable Worksheets  
<https://www.edhelper.com/>
- Time Magazine for Kids  
<https://time.com/tfk-free/>

## • FUN ACTIVITIES

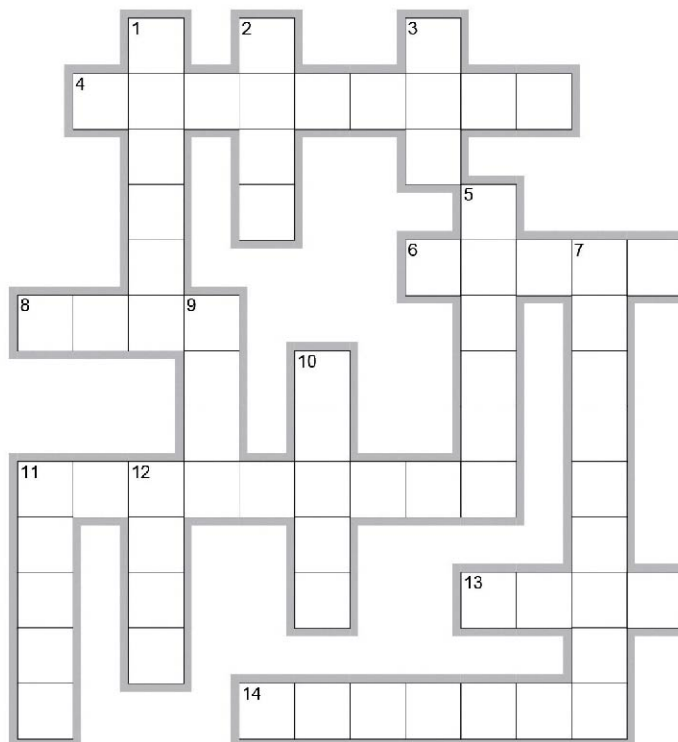
- Kids and Adults Crossword Puzzles and Games  
<https://www.spelling-words-well.com/>
- Sew, Knit, Crotchet, Quilt  
[https://www.mybluprint.com/?SSAID=335286&sscid=31k4\\_kmo6s&sasClickId=31k4\\_kmo6s&cr\\_linkid=ShareASale\\_Banner\\_ShareASale&cr\\_maid=46579&cr\\_source=ShareASale&cr\\_medium=ShareASale](https://www.mybluprint.com/?SSAID=335286&sscid=31k4_kmo6s&sasClickId=31k4_kmo6s&cr_linkid=ShareASale_Banner_ShareASale&cr_maid=46579&cr_source=ShareASale&cr_medium=ShareASale)





## COVID-19 Crossword Puzzle

This COVID-19 crossword will remind you of ways you can protect you and your family from the spread of this disease. If you've been paying attention to recent news reports, you're sure to do well on this crossword!

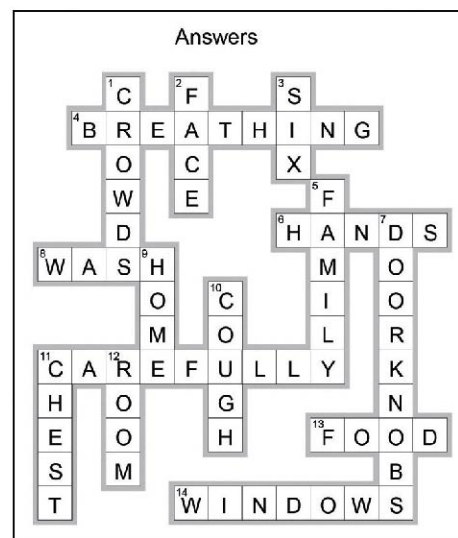


### Across:

4. An important warning sign of COVID-19 is difficulty \_\_\_\_\_ or shortness of breath.
6. Do not shake \_\_\_\_\_.
8. \_\_\_\_\_ your hands frequently.
11. Handle food \_\_\_\_\_.
13. Limit \_\_\_\_ sharing.
14. If possible, open \_\_\_\_ to increase ventilation.

### Down:

1. Avoid large \_\_\_\_\_ of people.
2. Try not to touch your \_\_\_\_\_.
3. Limit close contact with others, staying about \_\_\_\_ feet apart.
5. Stay home if someone in your \_\_\_\_\_ is sick.
7. Disinfect surfaces like tables, desks and \_\_\_\_\_ regularly.
9. Stay \_\_\_\_ if you are feeling sick.
10. Always cover your mouth when you \_\_\_\_ or sneeze.
11. People with the COVID-19 virus sometimes feel pain or pressure in the \_\_\_\_\_.
12. If someone in your family is ill, give them their own \_\_\_\_\_, if possible.





# ISOLATION AND QUARANTINE

Isolation and quarantine help protect the public by preventing exposure to people who have or may have a **contagious disease**.

- **Isolation** separates sick people with a contagious disease from people who are not **sick**.
- **Quarantine** separates and restricts the movement of people **who were exposed** to a contagious disease to see if they become sick.

## ISOLATION

Isolation is for people who are already sick.



Isolation separates and restricts the movement of sick people so they can't spread disease to healthy people.



Isolation is a routine procedure in hospitals and health care facilities.



Isolation is usually voluntary, but in a public health emergency, officials have the authority to isolate people who are sick.

## QUARANTINE

Quarantine is for people who are not sick, but may have been exposed.



Quarantined people may or may not become sick.



Quarantined people may stay at home or another location so they don't spread disease to healthy people.



If you are quarantined and you become ill, you can seek medical treatment from a health care provider.



Quarantine can be voluntary, but in a public health emergency, officials have the authority to quarantine people who have been exposed to an infectious disease.

# COVID-19 INQUIRIES DIAL 311

MONDAY - FRIDAY: 8AM - 5PM



- 1 DPHSS MEDICAL TRIAGE HOTLINE**  
for medical questions regarding COVID-19  
(671) 480-7859, (671) 480-6760, (671) 480-6763, (671) 480-7883,  
(671) 687-6170 ADA Line (Daily, 6AM - 10PM)
- 2 DPHSS (Department of Public Health and Social Services)  
Division of Public Welfare (SNAP, Medicaid, MIP, Cash Assistance, Child Care Development Fund)**  
for inquiries on Public Welfare Benefits  
(671) 735-7237, (671) 735-7375, (671) 635-7488, (671) 828-7542,  
(671) 735-7344, (671) 735-7256 (Monday - Friday: 8AM - 5PM)
- 3 DRT (Department of Revenue and Taxation)**  
to report a business in violation of the Social Isolation Directive
- 4 GPD (Guam Police Department)**  
to report an individual in violation of the Social Isolation Directive
- 5 GEDA (Guam Economic Development Authority)**  
for business owner with questions on economic relief
- 6 DOL (Department of Labor)**  
for employment and unemployment guidance
- 7 GBHWC (Guam Behavioral Health and Wellness Center)**  
for counseling crisis hotline  
(671) 647-8833 (24-hour)
- 8 JIC (Joint Information Center)**  
for general inquiries
- \* To repeat these options**

## Stay Up to Date with Reputable Sources

It is important to note that the situation can change quickly. The community is reminded to only share official notices and visit the following links for the most up-to-date information:

- CDC website: <https://www.cdc.gov/coronavirus/2019-nCoV/index.html>
- DPHSS website: <http://dphss.guam.gov/covid-19/>
- GHS/OCD website: <https://ghs.guam.gov/coronavirus-covid-19>



## A PRAYER

*My Dear Brothers and Sisters in Christ:*

*On behalf of the entire Church, I send my love and prayers during this time of anxiety. Though you are physically separated from your family and friends, please know that you are not alone or forgotten. We remain close to you through our prayers offered up for you each day.*

*Most of all, our loving Father, God Almighty is with you every moment. He loves you.*

*He especially holds those who are hurt, sick or suffering close to him in a special way.*

*May our dear Lord protect, heal and comfort you during these trials.*

*May He take away all fear and anxiety.*

*God bless you.*

*Archbishop Michael Byrnes*

*“Like the ocean, we are resilient. We will overcome this virus.  
We all just have to do our part.”*

*“We need to come together as a community, by staying apart  
until the virus is stopped.”*

*“This pandemic has an end.  
If we all do our part, we can get there faster.”*

- Health Partners, LLC

*“I like staying at home. Coronavirus makes people sick.”*

- Zayla Pulmones-LaBrunda, 3 years old, Chalan Pago

*“Coronavirus is scary, but stay calm and stay home.*

- Athena Mendoza, 8 years old, Dededo

*“Don’t forget to pray. Coronavirus will have an end.”*

- Shandy Santos, 9 years old, Yigo



Department of Public Health and Social Services

Monday - Friday • 8 AM - 5 PM • (671) 735-7154 •  Guam DPHSS •  [www.dphss.guam.gov](http://www.dphss.guam.gov)