



**NORTHERN MARIANAS  
PACIFIC MINI GAMES  
2022**

**COVID-19  
& Health  
Guidebook**



COMMONWEALTH OF THE NORTHERN MARIANA ISLANDS  
**OFFICE OF THE GOVERNOR**  
COMMONWEALTH HEALTHCARE CORPORATION  
GOVERNOR'S COVID-19 TASK FORCE



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[www.northernmarianas2022.com](http://www.northernmarianas2022.com)

# Contact Information

## Northern Marianas Pacific Mini Games Office

+1 (670) 235-2022

[info.northernmarianas2022@gmail.com](mailto:info.northernmarianas2022@gmail.com)

## Governor's COVID-19 Task Force Infoline

+1 (670) 488-0211

Available every day, 8 a.m. - 8 p.m.

[info@staysafecnmi.com](mailto:info@staysafecnmi.com)

## Medical Emergencies

911

Available 24/7

## Department of Public Safety

+1 (670) 664-9022

## Department of Fire and Emergency Medical Services (DFEMS)

+1 (670) 234-6017

## COVID-19 Vaccination

+1 (670) 682-7468 (SHOT)

[www.vaccinatecnmi.com](http://www.vaccinatecnmi.com)

## CHCC Contact Tracing

+1 (670) 286-1710 or (670) 286-1711

Available every day, 8 a.m. - 8 p.m.

[covidinfo@chcc.health](mailto:covidinfo@chcc.health)

## Mental Health Support Line

+1 (670) 284-0843 or (670) 284-0847.

Available every day, 8:30 a.m. to 3:30 p.m.

## CHCC Tele-Triage Line

+1 (670) 233-2067

Available 24/7

# Introduction

This guidebook provides public health recommendations intended to help Northern Marianas Pacific Mini Games (NMPMG) athletes and team officials make safer decisions during their time in the Commonwealth of the Northern Mariana Islands (CNMI) and should be considered along with your team health policies. Ensure your policies follow CNMI and US federal laws.

These guidelines may change based on evolving circumstances and knowledge related to the COVID-19 pandemic and other conditions and can be adjusted in real-time.

Visitors to and residents of the CNMI play key roles in maintaining the health of the community, as well as preventing and slowing the spread of COVID-19 within the community and at the Games.

The Governor's COVID-19 Task Force and the Commonwealth Healthcare Corporation (CHCC) base the COVID-19 information in this document from the U.S. Centers for Disease and Control's (CDC) guidance and knowledge of what is currently known about the transmission of severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2), the virus that causes COVID-19.

It is critical for our visitors and residents to take necessary measures to lower the spread of COVID-19.

The Governor's COVID-19 Task Force and the CHCC continue to encourage all visitors to and residents of the CNMI to live COVID-19 safe: follow the 3 W's (wear your mask, wash your hands, and watch your distance); avoid poorly ventilated spaces; cover coughs and sneezes; clean and disinfect high touch surfaces frequently; be alert for COVID-19 symptoms daily; and get tested for COVID-19. It will greatly reduce the risk of COVID-19 spreading within our community.

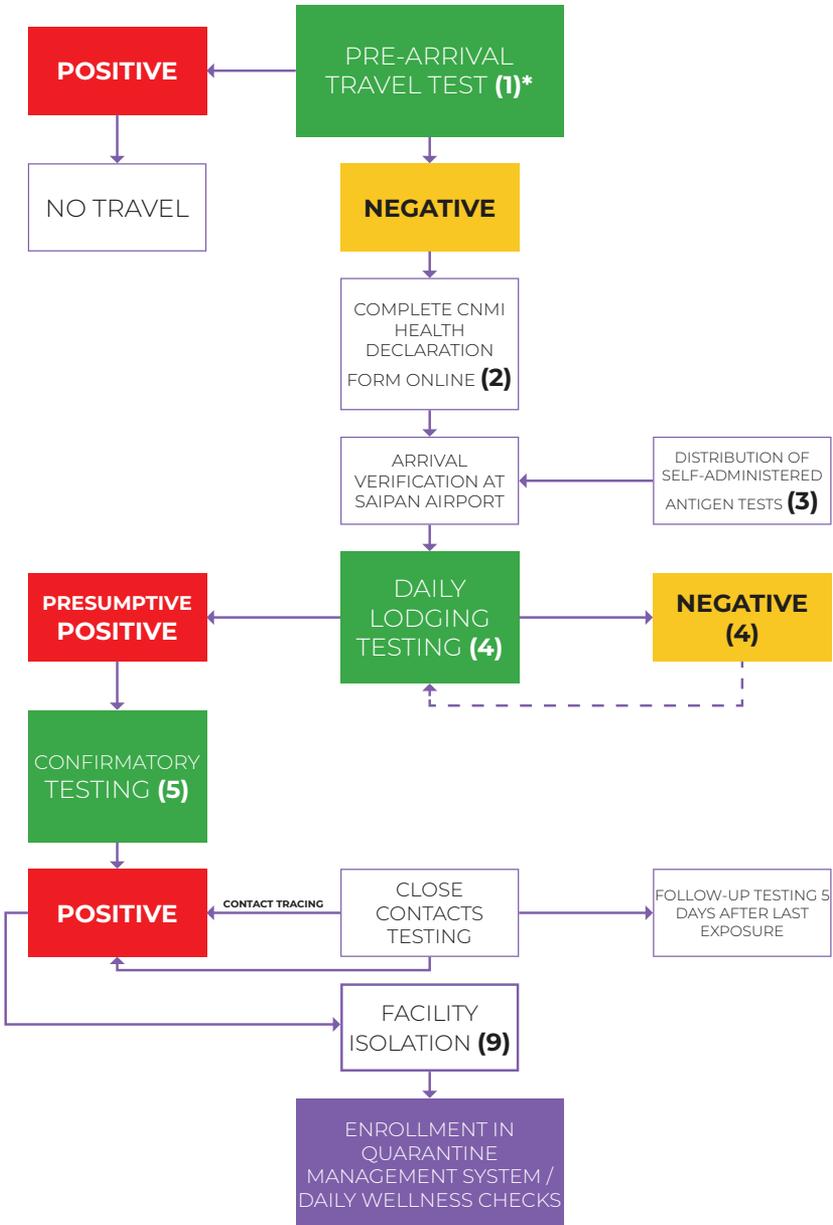


[www.northernmarianas2022.com](http://www.northernmarianas2022.com)

# Mini Games

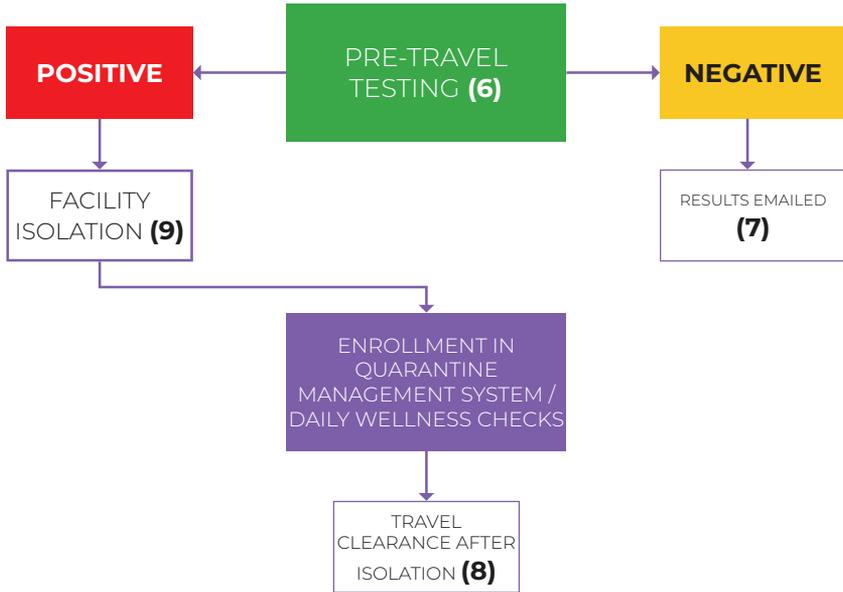
## COVID-19 Management Algorithm

*Pre-Arrival / Arrival to the CNMI*



\*More information on next page.

## Pre-Departure from the CNMI



1. Testing to be conducted 24 hours prior to arrival.
2. All inbound travelers are required to complete a Health Declaration Form online ([www.staysafecnmi.com](http://www.staysafecnmi.com)) 24 hours prior to arrival and provide proof of a negative PCR or antigen test.
3. Ten (10) self-administered COVID-19 antigen testing kits provided by the CNMI Covid Task Force.
4. Each traveler conducts self-administered antigen tests daily at their lodging site.
5. Conducted to validate the self-administered antigen test.
6. Travelers are responsible for determining which type of COVID-19 testing they need (PCR or antigen) for travel based on their final destination. Registration for PCR testing is not required for those that completed a Health Declaration form prior to arrival. Otherwise, PCR testing registration is required and can be done by visiting <https://covidtesting.chcc.health>. Go to the Koblerville COVID-19 Community Center for travel testing or call Travel Testing at **(670) 785-9966** or **287-7570** to coordinate team travel testing.
7. Results are emailed to the address included in the registration. If results are not received within 24 hours, please contact Travel Testing.
8. Travel clearances are issued by the CHCC.
9. Asymptomatic individuals isolate for 5 days after positive test. Symptomatic individuals isolate for 5 days after onset of first symptom.

## Before Your Arrival into the CNMI

- ◆ **Vaccinations:** In addition to the COVID-19 vaccination, you should be up to date on your routine and recommended vaccinations, including for measles, mumps, and rubella (MMR), diphtheria, tetanus, pertussis and polio. You may also want to get vaccines for hepatitis A, hepatitis B, Typhoid Fever, and seasonal influenza. Consult your general practitioner for more advice about vaccination.
- ◆ **Health check-up or physical examination and pre-existing medical conditions:** For your own safety and wellbeing, participants and visitors should be fit for travel. All participants are required to complete a physical examination prior to coming to CNMI. Those with pre-existing medical conditions must ensure that they are cleared for travel by scheduling a doctor's appointment at least four weeks before travel.
- ◆ **Health kit:** Pack a travel health kit with first aid supplies (sunscreen, painkillers, antiseptic, insect repellent and anti-diarrhea tablets, alcohol hand sanitizer) and medications, enough to last your entire trip. Please bring one month's supply of your routine prescription medications; carry them in their original packaging and follow the directions for use. Availability of condoms can be limited and, if needed, participants are encouraged to bring their own supply.
- ◆ **Travel insurance:** Health insurance that covers you in your home country may not cover you in the CNMI. You will be liable for covering any medical and associated costs. Cover yourself with an appropriate level of travel health insurance.



## Entering the CNMI

The CNMI is a U.S. territory and abides by border requirements set by the U.S. government.

### *Proof of Negative Test*

ALL air passengers two years of age or older boarding a flight to the CNMI for the Northern Marianas Pacific Mini Games 2022 are required to present a proof of negative COVID-19 test or documentation of recovery from COVID-19. You will need to get a COVID-19 viral test (regardless of vaccination status or citizenship; PCR or antigen tests are acceptable,

self-tests are not acceptable) **no more than 1 day before you travel** by air into the CNMI/United States. You must show your negative result to the airline before you board your flight.

If you recently recovered from COVID-19, you may instead travel with documentation of recovery from COVID-19 (i.e., your positive COVID-19 viral test result on a **sample taken no more than 90 days before the flight's departure** from a foreign country and a letter from a licensed healthcare provider or a public health official stating that you were cleared to travel).

More information can be found on the CDC website at <https://www.cdc.gov/coronavirus/2019-ncov/travelers/testing-international-air-travelers.html>.

### Proof of Vaccination

ALL passengers arriving from a foreign country to the United States by air must submit proof of full COVID-19 vaccination before they travel.

If you are a non-U.S. citizen, you will need to show proof of being fully vaccinated against COVID-19 before you travel by air to the United States from a foreign country.

More information can be found on the CDC website at <https://www.cdc.gov/coronavirus/2019-ncov/travelers/proof-of-vaccination.html>.

### Accepted COVID-19 Vaccines

	Vaccines Approved or Authorized by the U.S. Food and Drug Administration	Vaccines Listed for Emergency Use (EUL) by the World Health Organization	Certain Clinical Trial Vaccines which Have Confirmed Efficacy
Single dose	◆ Janssen/J&J	◆ Janssen/J&J	
2-dose Series	◆ Pfizer-BioNTech ◆ Moderna	◆ Pfizer-BioNTech ◆ Moderna ◆ AstraZeneca ◆ Covaxin ◆ Covishield ◆ BIBP/Sinopharm ◆ Sinovac ◆ Novavax/Covovax	◆ Medicago

## Accepted Proof of COVID-19 Vaccination

Documentation Type	Examples
<i>Verifiable records (digital or paper)</i>	Vaccination certificate with QR code, digital pass via smartphone application with QR code (e.g., United Kingdom National Health Service COVID Pass, European Union Digital COVID Certificate).
<i>Non-verifiable paper records</i>	Printout of COVID-19 vaccination record or a COVID-19 vaccination certificate issued at national or subnational level or by an authorized vaccine provider (e.g., the CDC vaccination card).
<i>Non-verifiable digital records</i>	Digital photos of vaccination card or record, downloaded vaccine record or vaccination certificate from official source (e.g., public health agency, government agency, or other authorized vaccine provider), or a mobile phone application without QR code.  The QR code in a verifiable vaccination record links to information confirming the credential was generated from an immunization record in an official database and is protected from tampering.

### Are you fully vaccinated for air travel into the United States?

You are considered fully vaccinated:

- ◆ 2 weeks (14 days) after your dose of an accepted single-dose vaccine
- ◆ 2 weeks (14 days) after your second dose of an accepted 2-dose series
- ◆ 2 weeks (14 days) after you received the full series of an accepted COVID-19 vaccine (not placebo) in a clinical trial
- ◆ 2 weeks (14 days) after you received 2 doses of any “mix-and-match” combination of accepted COVID-19 vaccines administered at least 17 days apart\*

**If you do not meet these requirements, you are NOT considered fully vaccinated.** A booster dose is not needed to meet this requirement.

A person who has received only one dose of an accepted 2-dose series and has recovered from COVID-19 does not meet this definition, and therefore is NOT considered fully vaccinated for travel to the United States.

\*CDC has not recommended the use of mix-and-match COVID-19 vaccine primary series. However, such strategies are increasingly common in many countries outside of the United States. Therefore, for the purpose of interpreting vaccination records for travel to the United States, CDC will accept combinations of accepted COVID-19 vaccines.

## Health Declaration

All travelers are required to complete a mandatory health declaration form. Travelers are encouraged to fill out their health declaration form **at least 48 hours prior to arrival** at [www.staysafecnmi.com](http://www.staysafecnmi.com).



## During the Mini Games

All travelers and residents are reminded to live COVID-19 safe: follow the 3 W's (wear your mask, wash your hands, and watch your distance); avoid crowds and poorly ventilated spaces; cover coughs and sneezes; clean and disinfect high touch surfaces daily; be alert for symptoms daily; and get tested for COVID-19.

## Indoor/Outdoor Gatherings

Attending a gathering or event increases your chance of being in close contact with people and being exposed to COVID-19.

If you come into close contact with someone with COVID-19:

- ◆ Get tested at least 5 days after your last close contact.
- ◆ Monitor your symptoms.
- ◆ Tell your close contacts that they may have been exposed to COVID-19 so they can quarantine, get tested, and wear a well-fitting mask.

Stay in your lodging if you are sick or experiencing symptoms of COVID-19.

If you want to spend time with people outside of your team, outdoors is the safer choice. You are less likely to be exposed to COVID-19 during outdoor activities, even without the use of masks. Good ventilation can help prevent you from getting and spreading COVID-19.

## Testing for COVID-19

The CNMI Governor's COVID-19 Task Force recommends that all participants test daily using the rapid self-antigen COVID-19 test provided at the start of the games.

Individuals who request testing for COVID-19 by PCR should register for

Community-Based Testing at <https://covidtesting.chcc.health> or visit the Koblerville COVID-19 Community Center on weekdays, 8-11 a.m. and 12-3 p.m., and on weekends, 8-11 a.m.

For more information, please call the COVID-19 Testing Team at **+1 (670) 785-9966** or **(670) 287-7570**.

## *Testing Positive for COVID-19*

If you test positive for COVID-19, immediately report it online at [www.staysafecnmi.com/self-reporting](http://www.staysafecnmi.com/self-reporting) and also call the CHCC Contact Tracers at **+1 (670) 286-1710** or **(670) 286-1711** to initiate confirmatory testing and follow-up.

If you test positive on any COVID-19 test (Community-Based Testing or self test), you will be isolated at the designated facility for a period of 5 days after your positive test result if you are asymptomatic or 5 days after first onset of symptoms if you are symptomatic.

Daily wellness checks will be conducted and an assessment by a medical provider to determine if treatment is needed.

**If you test positive for COVID-19, you are not allowed to participate in competition or any NMPMG activities for at least 5 days.**

After 5 days, you can end isolation but should continue to take precautions and wear a well-fitting mask for an additional 5 days.

### *What factors determine a suspected COVID-19 infection?*

A suspected COVID-19 infection is a person with an acute respiratory illness with fever and at least one respiratory symptom, such as cough, sore throat, and shortness of breath together with general weakness, headache, muscle pain, nausea and loss of appetite, diarrhea, or an altered mental state, plus a history of contact with a confirmed case or an asymptomatic case in the last 14 days OR traveled to a country with widespread community transmission in the last 14 days.

### *What is a confirmed COVID-19 case?*

A person with laboratory or self-test confirmation of COVID-19 infection, irrespective of clinical signs and symptoms. An asymptomatic case is a person who tested positive for COVID-19 with no reported symptoms.

### *When do I seek medical attention?*

If someone is showing any of these signs, call **911** immediately:

- ◆ Trouble breathing
- ◆ Persistent pain or pressure in the chest
- ◆ New confusion
- ◆ Inability to wake or stay awake
- ◆ Pale, gray, or blue-colored skin, lips, or nail beds, depending on skin tone

This list is not *all* possible symptoms. Please consult with your medical provider for any other symptoms that are concerning to you. If possible, notify the emergency operator that you are seeking care for someone who has or may have COVID-19.

### *How do I get treatment for COVID-19?*

COVID-19 positive individuals should seek care within 5 days of a positive test result as they may be eligible for treatment that is given soon after infection, especially individuals who are considered high-risk, including history of diabetes, high blood pressure, heart disease, obesity, or cancer, or are over the age of 65.

Individuals who wish to avail of COVID-19 therapeutics may visit the Koblerville COVID-19 Community Center for treatment.

### *Close Contact with Persons with COVID-19*

Someone exposed to another person with COVID-19 is at risk of contracting the virus. A “close contact” with someone who has COVID-19 is someone who was less than 6 feet away from an infected person for a cumulative total of 15 minutes or more over a 24-hour period.

### *If you were a close contact of someone with COVID-19 and are up to date on COVID-19 vaccinations:*

- ◆ You do not need to isolate unless you develop symptoms.
- ◆ Get tested even if you don't develop symptoms; get tested at least 5 days after you last had close contact with someone with COVID-19.
  - ◇ Register for free COVID-19 testing at <https://covidtesting.chcc.health>.
- ◆ Watch for symptoms until 10 days after you last had close contact with someone with COVID-19.
- ◆ **If you develop symptoms**, isolate immediately and get tested. Continue to stay at your place of lodging until you know the results. Wear a well-fitting mask around others.

- ◆ Take precautions until day 10 after contact. Wear a well-fitting mask for 10 full days any time you are around others indoors or in public. Do not go to places where you are unable to wear a well-fitting mask.
- ◆ Take precautions if traveling. Avoid being around people who are more likely to get very sick from COVID-19.

*If you were exposed to COVID-19 and had confirmed COVID-19 within the past 90 days (you tested positive using a viral test):*

- ◆ You do not need to isolate unless you develop symptoms.
- ◆ Watch for symptoms until 10 days after you last had close contact with someone with COVID-19.
- ◆ **If you develop symptoms**, isolate immediately and get tested. Continue to stay in your lodging until you know the results. Wear a well-fitting mask around others.
- ◆ Take precautions until day 10 after contact. Wear a well-fitting mask for 10 full days any time you are around others inside or in public. Do not go to places where you are unable to wear a well-fitting mask.
- ◆ Take precautions if traveling. Avoid being around people who are more likely to get very sick from COVID-19.

*If you have or feel you may have come in contact with an individual with COVID-19:*

- ◆ It is recommended that you test 3 - 5 days after your last exposure date.
- ◆ Testing is free and can be done on a self-antigen test or a more accurate PCR test at the Koblerville COVID-19 Community Center on weekdays, 8 - 11 a.m. and 12 - 3 p.m., and on weekends, 8 - 11 a.m.

## COVID-19 Vaccination

The CDC requires proof of vaccination against COVID-19 prior to arrival into the CNMI. The CHCC and the Governor's COVID-19 Task Force highly encourage individuals to also get a booster shot against COVID-19 prior to arrival to the NMPMG to help prevent severe illness, hospitalization, and death.

Data from clinical trials show that vaccine effectiveness against COVID-19 infection is waning after the primary series, but protection remains high against severe disease and hospitalization. Get a booster shot when you are eligible to help prevent more serious symptoms and passing COVID-19 to your friends or family.

While in the CNMI, you can register for COVID-19 vaccination at [www.vaccinatecnmi.com](http://www.vaccinatecnmi.com), or call **+1 (670) 682-7468**.

## Stay Healthy During the Games

- ◆ **Food and water safety:** To prevent illnesses transmitted through food and water, consume food that is thoroughly cooked, and wash fruits and vegetables if they are not peeled. Drink only bottled water that is safe and clean. Practice good hand hygiene, including washing your hands frequently with soap and water, especially before handling food and after going to the toilet.
- ◆ **Sexually transmitted infections:** To reduce the risk of contracting sexually transmitted infections, such as HIV, chlamydia and gonorrhea, practice safe sex practices and use condoms correctly.
- ◆ **Heat:** Dehydration and heat-related illness are common in mass gatherings in tropical climates. Avoid long exposure to the sun during the day and wear sunscreen or long clothes to avoid sunburn. Stay hydrated by frequently drinking safe water.



## Leaving the CNMI

Travelers are responsible for determining which type of COVID-19 testing they need (PCR vs antigen) **OR NOT NEED** based on their destination/route, and are responsible for determining the timing of their swab appointment in accordance with their flight.

Travelers who are required OR feel the personal need to be tested with a PCR test prior to departure must register online by visiting the CHCC's COVID-19 testing registration site at <https://covidtesting.chcc.health>.

Travel-based testing will be conducted at the Koblerville COVID-19 Community Center or at another site. More information will be provided during the Games.

Both PCR and antigen testing will be offered. Only those who have registered and present a confirmation number or QR code at the testing facility will be permitted to test. However, there is no requirement to register in advance for antigen testing.

### *Do NOT travel if:*

- ◆ You are sick, even if you recovered from COVID-19 within the past 90 days or are up to date with your COVID-19 vaccines.
- ◆ You tested positive for COVID-19.

- ◇ Do not travel until a full 10 days after your symptoms started or the date your positive test was taken if you had no symptoms.
- ◆ You are waiting for the results of a COVID-19 test.
- ◆ You had close contact with a person with COVID-19 and are recommended to quarantine.
- ◇ Do not travel until a full 5 days after your last close contact with the person with COVID-19. It is best to avoid travel for a full 10 days after your last exposure.
- ◇ If you must travel during days 6 through 10 after your last exposure:
  - Get tested at least 5 days after your last close contact. Make sure your test result is negative and you remain without symptoms before traveling. If you don't get tested, avoid travel until a full 10 days after your last close contact with a person with COVID-19.
  - Wear a well-fitting mask when you are around others for the entire duration of travel during days 6 through 10. If you are unable to wear a mask, you should not travel during days 6 through 10.
- ◇ If you had confirmed COVID-19 within the past 90 days, you do NOT need to get tested, but you should still follow all other recommendations (including if you develop COVID-19 symptoms).

## FREE COVID-19 TRAVEL TESTING AT KOBLERVILLE COVID-19 COMMUNITY CENTER



**Travel Testing**  
Monday - Sunday **8:30 AM - 11 AM**

**Travel Testing Clearance**  
Monday - Friday **7:30 AM - 4:30 PM**  
Saturday & Sunday **8 AM - 12 PM**



**REGISTER AT** <https://covidtesting.chcc.health>.

### Travel testing reminders:

- Travelers are responsible for determining the requirements of their travel.
- Bring a **valid passport** during your scheduled test.
- Your test results with CHCC watermark will be emailed to you.

*Head to Koblerville COVID-19 Community Center with your test results, your itinerary, and a valid passport **IF an official stamp or seal is needed from your airlines or final destination.***

The Travel Test team can be reached at  
(670) 785-9966 or (670) 287-7570.



@cnmichcc | [www.chcc.health](http://www.chcc.health)



## After the Mini Games

If you develop any illness after returning from CNMI, you have the obligation to notify immigration and local healthcare authorities. You should report any illnesses you have developed, and indicate your travel history.



## COVID-19 Mitigation Recommendations

COVID-19 is a disease that can spread from person to person, especially between people who are physically near each other (within about 6 feet or 2 meters). People who are infected but do not show symptoms can also spread the virus to others. Most people with COVID-19 have mild symptoms, but some people become severely ill. Older adults and people who have certain underlying medical conditions are at increased risk of severe illness from COVID-19.

The safety and health of the people of the CNMI remain the top priorities of the Governor's COVID-19 Task Force and the CHCC.

## General COVID-19 Prevention Recommendations

- ◆ Regularly clean your hands with a hand sanitizer or wash with soap and water if hands are visibly soiled for 20 seconds.
- ◆ Clean your hands especially after going to the bathroom; before eating; and after blowing your nose, coughing, or sneezing.
- ◆ Avoid touching your eyes, nose, and mouth with unwashed hands.
- ◆ Cough/sneeze into your sleeve or bent elbow if no tissue is available, cover your mouth and nose with a tissue or your sleeves (not your hands).
- ◆ Wear a well fitted mask.
- ◆ Replace the mask as soon as it becomes damp / moist.



# COVID-19 Community Levels

The CNMI has adopted the CDC's new COVID-19 metric of Community Levels. At the time of NMPMG, the current Community Level will be announced.

A combination of three factors determines the COVID-19 Community Level:

1. New COVID-19 admissions per 100,000 population in the past 7 days
2. The percent of staffed inpatient beds occupied by COVID-19 patients
3. Total new COVID-19 cases per 100,000 population in the past 7 days.

New COVID-19 admissions and the percent of staffed inpatient beds occupied represent the current potential for strain on the health system. Data on new cases acts as an early warning indicator of potential increases in health system strain in the event of a COVID-19 surge.

The COVID-19 Community Level is determined by the higher of the new admissions and inpatient beds metrics, based on the current level of new cases per 100,000 population in the past 7 days.

Based on these factors, the COVID-19 Community Level can be classified as **Low**, **Medium**, or **High**.

Recommendations for individuals based on COVID-19 Community Levels:

## *Community Level High*

- ◆ Wear a well-fitting mask indoors in public, regardless of vaccination status.
- ◆ If you are immunocompromised or have a high risk for severe disease:
  - ◇ Wear a mask or respirator that provides you with greater protection.
  - ◇ Consider avoiding non-essential indoor activities in public where you could be exposed.
- ◆ Talk to your healthcare provider about whether you need to wear a mask and take other precautions (e.g., testing).
  - ◇ Have a plan for rapid testing if needed (e.g., having home tests or knowing how to access testing).
  - ◇ Talk to your healthcare provider about whether you are a candidate for treatments like oral antivirals, pre-exposure prophylaxis (PrEP), and monoclonal antibodies.

- ◆ If you have a high-risk contact with someone at risk for severe disease:
  - ◇ Consider self-testing to detect infection before contact.
  - ◇ Consider wearing a mask when indoors with them.
- ◆ Stay up to date with COVID-19 vaccines and boosters.
- ◆ Maintain improved ventilation throughout indoor spaces whenever possible.
- ◆ Follow CDC recommendations for isolation and quarantine, including getting tested if you are exposed to COVID-19 or have symptoms of COVID-19.

## *Community Level Medium*

- ◆ Wear a mask based on your personal preference, informed by your personal level of risk.
- ◆ If you are immunocompromised or have a high risk for severe disease:
  - ◇ Talk to your healthcare provider about whether you need to wear a mask and take other precautions (e.g., testing).
  - ◇ Have a plan for rapid testing if needed (e.g., having home tests or knowing how to access testing).
- ◆ Talk to your healthcare provider about whether you are a candidate for treatments like oral antivirals, PrEP, and monoclonal antibodies.
- ◆ If you have household or social contact with someone at high risk for severe disease:
  - ◇ Consider self-testing to detect infection before contact.
  - ◇ Consider wearing a mask when indoors with them.
- ◆ Stay up to date with COVID-19 vaccines and boosters.
- ◆ Maintain improved ventilation throughout indoor spaces whenever possible.
- ◆ Follow CDC recommendations for isolation and quarantine, including getting tested if you are exposed to COVID-19 or have symptoms of COVID-19.

## *Community Level Low*

- ◆ Wear a mask based on your personal preference, informed by your personal level of risk.
- ◆ If you are immunocompromised or have a high risk for severe disease:
  - ◇ Talk to your healthcare provider about whether you need to wear a mask and take other precautions (e.g., testing).
  - ◇ Have a plan for rapid testing if needed (e.g., having home tests or knowing how to access testing).
- ◆ Talk to your healthcare provider about whether you are a candidate for treatments like oral antivirals, PrEP, and monoclonal antibodies.

- ◆ If you have household or social contact with someone at high risk for severe disease:
  - ◇ Consider self-testing to detect infection before contact.
  - ◇ Consider wearing a mask when indoors with them.
- ◆ Stay up to date with COVID-19 vaccines and boosters.
- ◆ Maintain improved ventilation throughout indoor spaces whenever possible.
- ◆ Follow CDC recommendations for isolation and quarantine, including getting tested if you are exposed to COVID-19 or have symptoms of COVID-19.

For the CNMI's latest COVID-19 mitigation efforts and Community Level, visit [www.staysafecnmi.com](http://www.staysafecnmi.com).



## Other Diseases that Affect the Pacific

Other diseases may also be spread in tropical environments. CHCC carefully prepares for and monitors the risk of infectious transmission. Below is a summary of infectious diseases prevalent in the Pacific Islands, although not necessarily currently a risk in the CNMI.

The information presented below may be found on [www.cdc.gov](http://www.cdc.gov).

### Vector Borne

#### *Dengue*

Dengue is an acute febrile viral disease characterized by sudden onset of fever (2 - 7 days) accompanied by intense headache, muscle and joint pains, loss of appetite, nausea, and vomiting.

Dengue virus is transmitted from person to another by mosquitoes of the *Aedes* genus found in most tropical/subtropical regions of the world, including the Pacific and many parts of the United States.

These mosquitoes bite during the day, but mostly during the early morning and the evening and can also spread Zika, chikungunya, and yellow fever.

### *Prevention Recommendations:*

- ◆ If possible, avoid going out early in the morning and the evening when *Aedes* mosquitoes are mostly active.
- ◆ The best way to prevent these diseases is to protect yourself from mosquito bites:
  - ◇ Use an insect repellent right for you. Always follow the product label instructions.
  - ◇ Wear long-sleeved shirts and long pants.

Not everyone infected with dengue gets sick. Even if you do not feel sick, travelers returning to the United States from an area with risk of dengue should take steps to prevent mosquito bites for 3 weeks so they do not spread dengue to mosquitoes that could spread the virus to other people.



## **Airborne / Droplet**

### *Influenza*

Influenza (flu) is a contagious respiratory illness caused by influenza viruses often characterized by fever, headache, muscle pains, sore throat, nasal congestion, and cough. Older people, young children, and people with certain health conditions, are at higher risk of serious flu complications.

Steps to prevent the spread of the flu virus are similar to the prevention methods for COVID-19.

### *Prevention Recommendations:*

- ◆ The CHCC recommends a yearly flu vaccine as the first and most important step in protecting against flu viruses.
- ◆ Avoid close contact with people who are sick.
- ◆ If you are sick, limit contact with others as much as possible to keep from infecting them.
- ◆ Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- ◆ Wash your hands often with soap and water. If soap and water are not available, use an alcohol-based hand rub.
- ◆ Avoid touching your eyes, nose, and mouth.
- ◆ Clean and disinfect surfaces and objects that may be contaminated with viruses that cause flu.

- ◆ For flu, the CDC recommends that people stay home for at least 24 hours after their fever is gone, except to get medical care or other necessities. The fever should be gone without the need to use a fever-reducing medicine.



## Direct Contact

### *Leptospirosis*

Leptospirosis is a bacterial disease that affects humans and animals. It is spread through the urine of infected wild or domestic animals (rats, dogs, cattle, raccoons, horses, etc.), which can get into water or soil and can survive there for weeks to months. Humans can become infected through contact of broken skin with water, soil, or food contaminated with the urine of infected animals.

#### *Prevention Recommendations:*

- ◆ The risk of acquiring leptospirosis can be greatly reduced by not swimming or wading in water that might be contaminated with animal urine (e.g., flood water), or eliminating contact with potentially infected animals.
- ◆ Protective clothing or footwear (e.g., rubber boots) should be worn by those exposed to contaminated water or soil.



## Food and Water Borne

### *Typhoid*

Typhoid fever is a life-threatening illness caused by *Salmonella Typhi* bacteria. Paratyphoid fever is a life-threatening illness caused by *Salmonella Paratyphi* bacteria.

These diseases are spread through sewage contamination of food or water and through person-to-person contact. People who are currently ill and people who have recovered but are still passing the bacteria in their poop (stools) can still spread the bacteria.

You can get typhoid fever or paratyphoid fever if:

- ◆ You eat food or drink a beverage that has been touched by a person who is shedding (getting rid of) *Salmonella Typhi* or *Salmonella Paratyphi* in their stool and who has not washed their hands thoroughly after going to the bathroom.
- ◆ Sewage contaminated with *Salmonella Typhi* or *Salmonella Paratyphi* gets into water you drink.
- ◆ Sewage contaminated with *Salmonella Typhi* or *Salmonella Paratyphi* gets into water used to rinse food you eat raw.

### *Prevention Recommendations:*

- ◆ Get vaccinated against typhoid fever. Visit your doctor or a travel clinic at least 2 weeks before traveling to discuss your options.
- ◆ Practice safe eating and drinking habits.
  - ◇ Carefully selecting what you eat and drink when you travel is important because typhoid fever vaccines do not work 100% of the time and there is no paratyphoid fever vaccine.
  - ◇ Safe eating and drinking will also help protect you from other illnesses, including travelers' diarrhea, cholera, dysentery, and hepatitis A.
  - ◇ Practice hand hygiene. Wash your hands before preparing or handling food, eating, and after using the toilet.

## *Hepatitis A*

Hepatitis A is a viral disease with manifestations of fever, feeling bad, loss of appetite, nausea, and abdominal discomfort, followed a few days later by dark urine and jaundice (yellowing of skin and eyes). Symptoms usually last several weeks.

Hepatitis A virus is transmitted almost entirely by fecal-oral transmission. Most outbreaks of hepatitis A have been related to fecal contaminated drinking water and food. Contamination of foods could result from poor food handling practices and eating raw or uncooked shellfish (e.g., oysters, mussels, etc.) harvested from polluted waters.

### *Prevention Recommendations:*

- ◆ Immunization is the best protection against hepatitis A and is recommended for people belonging to high-risk groups.
- ◆ Wash hands thoroughly after using the bathroom and before handling food or eating.

## *Acute Diarrhea*

Diarrhea (three or more loose or watery stools in 24 hours) is usually a symptom of an infection in the intestinal tract.

Acute diarrheal diseases are usually transmitted by contaminated hands or ingestion of contaminated food or drinks, or from person to person as a result of poor hygiene. It can be caused by a variety of bacterial, viral, and parasitic organisms.

Most cases of acute diarrhea resolve without treatment. However, severe diarrhea (>10 loose or watery stools in 24 hours with significant fluid loss) can cause dehydration, which can be life-threatening if untreated.

### *Prevention Recommendations:*

- ◆ If you are unsure about the quality of the water, drink only bottled water (even for toothbrushing). Avoid ice made using tap water.
- ◆ Be cautious about buying and eating food from street vendors.
- ◆ Eat only fruits or vegetables that can be peeled or are cooked.
- ◆ Ensure all foods you eat are cooked well and preferably served steaming hot.
- ◆ Never eat raw or undercooked meat or seafood.
- ◆ Pre-packed food is usually safe to consume but make sure to check the expiration date label.

For more information on any of the common diseases found in the Pacific, visit [www.cdc.gov/DiseasesConditions](http://www.cdc.gov/DiseasesConditions).

The Pacific Community (SPC) maintains an interactive map showing information on epidemics and circulation of epidemic and emerging diseases occurring in the Pacific region. Check it out regularly before your departure and during the games at <https://www.spc.int/phd/epidemics>.



## **Medical Information**

### **Department of Fire and Emergency Medical Services (DFEMS) Pre-Hospital Care for the Sick and Injured**

These guidelines provide pre-hospital care and transport procedures for sick and injured people during the Northern Marianas Pacific Mini Games.

This guide is not a medical treatment plan. However, if DFEMS presence is needed for pre-hospital care and transport, any medical personnel from any team shall work collaboratively with DFEMS personnel in providing proper pre-hospital treatment and care for sick or injured persons at the competition or lodging area.

## *Staging Area*

- ◆ DFEMS medical personnel will stage at a designated area provided by the Games Organizing Committee at each competition venue.
  - ◇ DFEMS medical personnel will be at the staging area at least 1 hour prior to commencement of the competition and 30 minutes after the conclusion of the event.

## *Patient Assessment/Treatment and Care*

- ◆ When DFEMS medical personnel are summoned to attend to an injured or sick person at any venue of competition or place of lodging, DFEMS medical personnel have ultimate jurisdiction to assess, treat, care on site, and determine transport priority to the hospital if necessary.
- ◆ Any other designated medical personnel from any participating team may collaboratively treat and care for sick or injured persons with DFEMS medical personnel.
- ◆ DFEMS medical personnel will gather necessary personal information to complete their required reporting.
- ◆ DFEMS medical personnel will assess, treat, care, and transport within their scope of duties and protocols.

## *Transportation*

- ◆ Once transport priority is determined by the DFEMS medical personnel, only 1 team member, coach, or team medical personnel will be allowed to ride along with the patient.
- ◆ It is the responsibility of each athletic organization to tend to the patient after transport and patient care has been relinquished to the CHCC.
- ◆ DFEMS medical personnel will transport patients only to CHCC and not any other health care provider.



## Team Doctors

Team doctors do not need a license to treat their members with their own medication and equipment. They cannot prescribe medication on the island (only give what they brought along). They are not to treat anyone not on their team. If an athlete goes to a health facility or clinic the team doctor does not have a say in the facility or clinic's treatment plan.

## Medications/Pharmaceuticals

All teams must submit a list in advance of medical/pharmaceutical supplies they intend to bring to the CNMI along with the team date of arrival.

No later than **June 6, 2022**, submit the list of medical/pharmaceutical supplies to John Tagabuel ([john.tagabuel@chccc.health](mailto:john.tagabuel@chccc.health)) of the CHCC.



## Take Care of Your Mental Health

- ◆ **Stay calm.** Panic will make it difficult for you to make sound decisions.
- ◆ **Strengthen your immune system.** Eat healthy (more fruits and vegetables), stay hydrated, and sleep well to build a strong immune system to fight off disease.
- ◆ **Exercise and keep active for a healthy mind and body.**
- ◆ **Think positive.** Identify positive things in your life. Having gratitude is one way of thinking positively.
- ◆ **Focus on what you can control.** Some things are out of your hands, however, you can control your response to the situation.
- ◆ **Avoid drugs, excessive alcohol, tobacco use, and overeating.** During times of stress, one may have the urge to deal with the situation by using drugs and/or alcohol, smoking, and/or overeating.
- ◆ **Connect with family and friends.** We can find support from others while in isolation or being away from home. Reach out and stay connected.

# Strategies to Reduce Anxiety and Improve Sleep

- ◆ Breathing exercise: Controlled breathing can help reduce anxiety. The **4-7-8 breathing technique** involves breathing in for 4 seconds, holding your breath for 7 seconds, and exhaling for 8 seconds. This breathing pattern aims to reduce anxiety or help people get to sleep. To use the 4-7-8 technique, focus on the following breathing pattern:
  - ◇ **Empty your lungs** of air.
  - ◇ **Breathe in quietly** through your nose for 4 seconds.
  - ◇ **Hold your breath** for a count of 7 seconds.
  - ◇ **Exhale forcefully** through your mouth for 8 seconds. Imagine blowing out through a straw.
  - ◇ **Repeat the cycle** up to 4 times.
- ◆ **Establish a regular bedtime and stick to it.** Going to bed and getting up at roughly the same time, all the time, will program your body to sleep better and will reinforce your biological clock.
  - ◇ **Eliminate distractions in your room.** A bedroom should only be used as a place for rest and relaxation.
  - ◇ **Avoid eating a big meal and beverages with caffeine too close to bedtime.**
  - ◇ **Establish a relaxing bedtime routine.** Build in enough time to relax before bedtime. Avoid activities that increase your heart rate before going to bed.
  - ◇ **Create a restful sleeping environment.** The bedroom should be for rest and sleep, and it should be neither too hot, nor too cold, and as quiet and dark as possible.



**NORTHERN MARIANAS  
PACIFIC MINI GAMES  
2022**



**Pacific  
Community**  
**Communauté  
du Pacifique**

# Symptom Monitor Log

DAY	DATE	SYMPTOMS (AM/PM)	AM TEMP	PM TEMP
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				
11				
12				
13				
14				



# NORTHERN MARIANAS PACIFIC MINI GAMES 2022



COMMONWEALTH OF THE NORTHERN MARIANA ISLANDS  
**OFFICE OF THE GOVERNOR**  
COMMONWEALTH HEALTHCARE CORPORATION  
**GOVERNOR'S COVID-19 TASK FORCE**



This guidebook has been developed jointly by the Commonwealth Healthcare Corporation, the Governor's COVID-19 Task Force, the Northern Marianas Pacific Mini Games, and the Pacific Community (SPC).

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CHCC Facebook: [www.facebook.com/cnmichcc](https://www.facebook.com/cnmichcc)