



LOURDES A. LEON GUERRERO  
GOVERNOR, MAGA'HA'GA'  
JOSHUA F. TENORIO  
LT. GOVERNOR, SIGUNDO MAGA'LÁHI

GOVERNMENT OF GUAM  
DEPARTMENT OF PUBLIC HEALTH AND SOCIAL SERVICES  
DIPATTAMENTON SALUT PUPBLEKO YAN SETBISION SUSIAT



LINDA UNPINGCO DENORCEY, MPH  
DIRECTOR  
LAURENT SF DUENAS, MPH, BSN, RN  
DEPUTY DIRECTOR

## Voluntary Self-Quarantine Letter

March 16, 2020

Dear Arriving Passenger,

Based on the current COVID-19 Pandemic, the Guam Department of Public Health and Social Services (DPHSS) has determined that your voluntary self-quarantine is necessary for the preservation and protection of the public health. This determination was based on your recent travel history and potential epidemiologic risk. Pursuant to P.L: 22-130, DPHSS is implementing these measures to ensure the protection of our island community.

**Therefore, your compliance is hereby requested. Please remain at home, hotel, or any place that you will be staying during your time on Guam for the next 14 days.**

Please read the following information carefully and follow the recommendations.

- DPHSS request that you stay away from work, school, child care, church, and all public areas, and to avoid travel by air and sea until we notify you that it is safe to resume your normal activities.
- If you develop any of the following symptoms such as fever, cough, or difficulty breathing, please call (671) 480-7859, 480-6760, 480-6763 or 480-7883 for further instructions.
- Information on COVID-19 is available at the DPHSS website, [www.dphss.guam.gov](http://www.dphss.guam.gov) or the Centers for Disease Control and Preventions website at [www.cdc.gov](http://www.cdc.gov) or [www.cdc.gov/coronavirus/2019-ncov/cases-updates/index.html](http://www.cdc.gov/coronavirus/2019-ncov/cases-updates/index.html).

We understand that being quarantined may cause some inconvenience to you. However, it is very important for the protection of your own health and that of others that you abide by this request for quarantine. We very much appreciate your cooperation and compliance as we continue to keep Guam safe.

Sincerely,

  
LINDA UNPINGCO DENORCEY, MPH  
Director, DPHSS



## Self-Quarantine FAQ

As of March 16, 2020, the Guam Department of Public Health and Social Services is recommending that all travelers from off-island self-quarantine for 14 days.

### What does it mean to self-quarantine?

- Please report any symptoms of COVID-19 immediately to the HEALTH Team by calling (671) 480-6760; 480-7859; 480-6763; and 480-7883 between 6AM and 10PM.
- Please stay in your room, apartment, or house. Do not go to work, church, classes, athletic events, or other social or religious gatherings until 14 days after your departure from the country in question.
- Limit contact with other people as much as possible. This includes isolating yourself as much as possible from anyone living in your residence.
- Cover coughs and sneezes with your upper arm or a tissue. Never cough in the direction of someone else. Wash your hands with soap and water, or use alcohol-based hand rubs after coughing or sneezing and throwing a used tissue in the garbage. Avoid sharing household items. Do not share drinking glasses, towels, eating utensils, bedding, or any other items until you are no longer asked to self-quarantine.
- Keep your surroundings clean. While the virus is not spread very well from contact with soiled household surfaces, try to clean surfaces that you share with others, such as door knobs, telephones, and bathroom surfaces (or any other object that you sneeze or cough on), with a standard household disinfectant such as Clorox wipes. Wash your hands after cleaning the area.