



Coronavirus Disease 2019 (COVID-19) Update

Yap Department of Health Services

May 17, 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.)

of PUM in Yap: 0
(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

Nth Pac. Region:
of confirmed cases in Guam: 154 (5 death)
CNMI: 21 (2 death)
Palau: 0
RMI: 0

Globally as of 5/16/20:
WHO Sit Rep
of confirmed cases: 4,425,485
of deaths: 302,059

SUMMARY OF COVID-19 SITUATION—Report # 27

International: The United Nations has released a Policy Brief titled “ COVID-19 and the Need for Action on Mental Health” dated May 13, 2020. The Policy Brief cautions that although the COVID-19 crisis is, in the first instance, a physical health crisis, it has the seeds of a major mental health crisis as well, if action is not taken.

Good mental health is critical to the functioning of society at the best of times. It must be front and center of every country’s response to and recovery from the COVID-19 pandemic. The mental health and wellbeing of whole societies have been severely impacted by this crisis and are a priority to be addressed urgently.

Psychological distress in populations is widespread. Many people are distressed due to the immediate health impacts of the virus and the consequences of physical isolation. Many are afraid of infection, dying, and losing family members. Individuals have been physically distanced from loved ones and peers. Millions of people are facing economic turmoil having lost or being at risk of losing their income and livelihoods.

Frequent misinformation and rumors about the virus and deep uncertainty about the future are common sources of distress. A long-term upsurge in the number and severity of mental health problems is likely. Moreover, specific populations groups are showing high degrees of COVID-19-related psychological distress.

Frontline healthcare workers and first responders have been exposed to numerous stressors and ensuring the mental health of healthcare workers is a critical factor in sustaining COVID-19 preparedness, response and recovery. In every community, there are numerous older adults and people with pre-existing health conditions who are terrified and lonely.

Emotional difficulties among children and adolescents are exacerbated by family stress, social isolation, with some facing increased abuse, disrupted education and uncertainty about their futures, occurring at critical points in their emotional development.

Women are bearing a large brunt of the stress in the home as well as disproportionate impacts more generally. And people caught in fragile humanitarian and conflict settings risk having their mental health needs overlooked entirely.

Mental health and psychosocial support have relevance to health, protection and social services, nutrition, labor, education, justice and other domains of government and should be fully considered across government health, social and economic responses and recovery plans.

Local: While Yap still has no confirmed cases of COVID-19 and no PUI and PUM to monitor, the Yap Department of Health Services is using this time to finalize and package the various Interim Guidance it has created in response to local efforts on various aspects of COVID-19 relating to prevention, containment and mitigation this last two months. Finalizing these guidance and getting all staff and the community familiar and practicing them will help greatly in preparing for the possibility of COVID-19 arrival into Yap.

DHS has adapted evidence-based guidance from WHO and CDC protocols to suit our local reality for Schools, Handling of Cargo which includes Human Remains, Lab Testing Guidelines for COVID-19, Public Transport, Face Mask Use and more recently Social Distancing. In-house it is also working on protocols for its services in Dental, Clinical and Infection Prevention and Control.

Once all these Interim Guidance documents are completed and relevant staff are trained and updated on them, the DHS is planning to hold a COVID-19 drill simulation for DHS staff using this guidance.

Important points to remember. Signs and symptoms of COVID-19 can be any or all of the following: Runny Nose and/or Dry Cough and/ or Sore throat for 3-4 days and/or Generalized body pain and/or Shortness of Breath and/or Fever and/or Diarrhea and more recently loss of taste and/or smell. Call the COVID-19 Hotline on 350-4161 if you feel or fall sick with any one of the above symptoms before you go to the hospital for advice and further instructions.

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/physical distancing—keep 6 ft. away from others.

FOR REGULAR COVID-19 UPDATES: Radio V6AI 1494 AM (Mon., Wed., Fri.) & Yap State Media and Protocol FB Page. Also check out the Wa’ab Community Health Center FB Page.