



Joint Information Center - JIC Release No. 62
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**One Tests Positive for COVID-19;
 Quarantine and Isolation Information**

Breaking News Found at Governor Leon Guerrero’s Facebook Page:
<https://www.facebook.com/govlougum/>

The Department of Public Health and Social Services (DPHSS) tested 34 individuals for COVID-19 on Wednesday, April 8, 2020 with conclusive results. One (1) tested positive through DPHSS and 33 tested negative for SARS-CoV-2.

The DPHSS overall count also includes an additional two cases of COVID-19 that have been clinically diagnosed. While these cases have tested negative, they have imaging findings consistent with COVID-19, display typical COVID-19 symptoms, have epidemiological links to previously confirmed cases, and are being treated as COVID-19 cases. The overall count also includes 11 positive cases that were tested by the Naval Health Research Center (NHRC) in San Diego and one confirmed positive case through Diagnostic Laboratory Services (DLS).

To date, a total of 123 cases tested positive and two were clinically diagnosed with 31 recoveries and four deaths. All 90 remaining cases are in isolation.

Confirmed Cases of COVID-19				
Tested by DPHSS Guam Public Health Lab (GPHL)	Tested by NHRC	Clinically Diagnosed	DLS	Total
111	11	2	1	125

Difference Between Quarantine and Isolation

Quarantine is used to keep someone who *might* have been exposed to COVID-19 away from others. Someone in self-quarantine stays separated from others, and they limit movement outside of their home or current place. A person may have been exposed to the virus without knowing it (for example, when traveling or out in the community), or they could have the virus without feeling symptoms. Quarantine helps limit further spread of COVID-19.

Isolation is used to **separate sick people from healthy people**. People who are in isolation should stay home. In the home, anyone sick should separate themselves from others by staying in a specific “sick” bedroom or space and using a different bathroom (if possible).

For People Coming Out of Quarantine

It can be stressful to be separated from others if a health care provider thinks you may have been exposed to COVID-19, even if you do not get sick. Everyone feels differently after coming out of quarantine. Emotional reactions to coming out of quarantine may include:

- Mixed emotions, including relief after quarantine
- Fear and worry about your own health and the health of your loved ones
- Stress from the experience of monitoring yourself or being monitored by others for signs and symptoms of COVID-19
- Sadness, anger, or frustration because friends or loved ones have unfounded fears of contracting the disease from contact with you, even though you have been determined not to be contagious
- Guilt about not being able to perform normal work or parenting duties during quarantine
- Other emotional or mental health changes

Children may also feel upset or have other strong emotions if they, or someone they know, has been released from quarantine.

Stay connected. It is very important to stay in touch with friends and family. Call, video chat, or stay connected using social media. Everyone reacts differently to stressful situations and having to socially distance yourself from someone you love can be difficult. Taking care of yourself, your friends, and your family can help you cope with stress. Helping others cope with their stress can also make your community stronger.

For inquiries on COVID-19, contact 311 through a local number, or call the Joint Information Center at (671) 478-0208/09/10.

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