

BE Prepared Aware Safe



A QUICK GUIDE ON THE FLU



Preventing and protecting the community of the Marianas from the flu matters because it keeps our families, workplaces, and islands healthy and resilient. By reducing the spread of influenza, we help protect our elders, young children, and those with chronic conditions who are most at risk for serious complications. Strong flu prevention also helps keep our clinics and hospitals from becoming overwhelmed, ensuring that everyone can access the care they need. When we stay proactive, we strengthen the well-being of our islands and support a safer, healthier Marianas for all.





What is the flu?

The flu is a viral infection that affects the respiratory system. It spreads easily when people breathe in particles from someone who is infected. It can make daily activities harder and sometimes lead to more serious health problems, especially for those who are at higher risk.





Be Prepared

Being prepared for the flu is important because it helps protect you and your loved ones. It lowers the chance of the virus spreading through your home, school, or workplace. Preparation also helps people recover more smoothly if they do get sick. When more people take steps to stay healthy, the whole community benefits. Overall, being ready makes it easier for everyone to stay safe during flu season.



Be Aware

Being aware of the flu means knowing what it is, how it spreads, and recognizing when it might be affecting you. Understanding the basics helps you protect yourself and the people around you.

Simple flu symptoms include:

- Fever or feeling feverish
- Cough
- Sore throat
- Runny or stuffy nose
- Body aches
- Headache
- Feeling very tired (fatigue)





Be Safe

Being safe matters because it helps protect you and the people around you, especially those who may get very sick from the flu. When you take simple precautions, you reduce the chance of spreading the virus and help keep your community healthier.

If you suspect you may have the flu, stay home and rest, drink plenty of fluids, and avoid close contact with others. You can take over-the-counter medicines to help with symptoms, and it's a good idea to contact your healthcare provider if you're unsure or if your symptoms get worse. Taking these steps helps you recover faster and keeps others safe.





Getting Vaccinated

The flu virus changes every year, and your protection fades over time so getting your yearly flu shot keeps your defenses strong.

Flu shots are recommended for everyone 6 months and older, and especially important for kids, older adults, pregnant women, and those with ongoing health conditions.

You can get your flu vaccination at the Commonwealth Healthcare Corporation through your healthcare provider or by visiting the CHCC Immunization Clinic.

Getting vaccinated is one of the easiest and most effective ways to protect yourself, your family, and the community. Staying up to date on your flu shot helps keep the Marianas healthier and safer during flu season.





For More Information:

For more information, please call the CHCC
Immunization Clinic at:

(670) 236-8745

Monday to Friday

7:30AM - 6:00PM

Our staff can answer your questions about flu vaccines,
schedules, and how to stay protected this season.