

HEALTH ADVISORY



October 7, 2019

Commonwealth Healthcare Corporation

Commonwealth of the Northern Mariana Islands
1 Lower Navy Hill Road, Navy Hill, Saipan, MP 96950



CHCC-PR-20-006

FOR IMMEDIATE RELEASE

“CHCC Preparation Guidelines Ahead of Typhoon Hagibis; Pregnant Women Should Shelter at CHCC During the Storm”

The Commonwealth Healthcare Corporation (CHCC) would like to urge the CNMI community to prepare for Typhoon Hagibis with their health and safety in mind. Acting Governor Arnold Palacios has declared Typhoon Condition II for the islands of Saipan, Tinian, Alamagan, and Pagan, and Tropical Storm Condition II for the islands of Rota and Agrihan, according to a report by the Office of the Governor and the Homeland Security and Emergency Management Agency (HSEM), released at 8:15am on Monday, October 7, 2019. Typhoon Condition II means that damaging winds of 74mph are expected within the next 24 hours; Typhoon Hagibis is expected to pass through the Marianas, North of Saipan, late Monday evening into early Tuesday morning as a Category 2 typhoon.

In preparation for the storm, the CHCC will provide shelter for **pregnant mothers who are at least 32 weeks pregnant, and women experiencing preterm labor**. Expectant mothers are asked to check in at the Labor and Delivery (L&D) ward, where they will be assessed for either admission or the option to shelter on-site in a designated area. *Please bring, at most, one or two family members with you to the CHCC.*

If you are planning to shelter at the CHCC during Typhoon Hagibis, we ask that you please eat a full meal before arriving at the hospital. We also ask that you bring the following items, if possible, for your convenience and comfort:

- Identification and insurance cards
- Medication
- Drinking water
- Snacks that do not require refrigeration or heating
- Personal toiletries (toothbrush, soap, lotion)
- A change of clothing, including undergarments
- A set of newborn clothing (for pregnant mothers)
- Phone and phone charger
- Books, tablets, games, and other entertainment to pass the time
- Personal pillows and blankets for additional comfort

Please contact the nursing supervisor at 234-8950 for more information.

Residents who require medical equipment that uses electricity are asked to report to the Aging Office, which has been designated as a shelter for people with medical needs. Island-wide residential electricity should be expected to be turned off if storm conditions worsen; please report to the shelters if you do not have a generator at home.

The CHCC would also like to provide the community with the following typhoon preparation guidelines.

- **Ensure that you have enough of any medications to last for at least 3 days. Store medication in a water-proof container, if possible. This is especially important for people with diabetes, hypertension, or uncontrolled asthma.**
- Take care of your mental and emotional health; prepare your heart and mind just as you would prepare your home before the storm.
 - Gather your family and give physical comfort to each other, especially children.
 - Understand that it is common to feel strong emotions right now; remind yourself that this won't last forever and help your loved ones to remain calm.
 - Having a plan will make you feel more in control of the situation.
- The following shelters have been activated:
 - Koblerville Elementary School/ (670) 237-3622/3627
 - Marianas High School/ (670) 237-3201/02
 - Kagman High School/ (670) 664-3780/ 237-3196)
 - San Vicente Elementary School/ (670) 664-3981/ 237-3981
 - TINIAN: Tinian Elementary School/ (670) 237-3795/ 433-9250
- The Commonwealth Office of Transit Authority has been activated to provide residents with transportation to the shelters throughout the day. Please call **664-2690** for more information.
- Residents in tents, if able, are advised to go to the closest shelter to them for care, support, and relief during the rainy conditions. Government agencies available to help residents break down tents; please call **237-8000** for more information.

CHCC clinical services, including the Outpatient Pharmacy, THC, and RHC, will remain open until 1pm today, Monday, October 7. All appointments scheduled for after 1pm are planned to be cancelled, and patients who have appointments scheduled for this afternoon are being contacted to reschedule.

- If you need to be seen urgently, or need a refill for medication, please call ahead.
- If you have an appointment scheduled for tomorrow morning, please call during open hours today to confirm your appointment or reschedule.

Residents are urged to keep a close eye on the weather, as well as all updates from the Governor's Office and HSEM.

For more information, call 234-8950 or email communications@chcc.gov.mp.

Please also visit:

- Commonwealth Healthcare Corporation Facebook: <https://www.facebook.com/cnmichcc/>
- CNMI EOC State Warning Point Facebook: <https://www.facebook.com/cnmieocswp/>

- CNMI Office of the Governor Facebook: <https://www.facebook.com/CNMIGov/>
- CNMI Joint Information Center: <https://www.facebook.com/JICNMI/>
- NWS Website: <http://www.prh.noaa.gov/guam/>
- NWS Facebook: <https://www.facebook.com/NWSGuam/>

This health advisory may be found online at <http://www.chcc.gov.mp/index.php/press-releases>

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