

## HEALTH ADVISORY



October 6, 2019

### Commonwealth Healthcare Corporation

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



CHCC-PR-20-005

### FOR IMMEDIATE RELEASE

#### “CHCC Urges Community to Prepare for Tropical Storm Hagibis”

The Commonwealth Healthcare Corporation (CHCC) would like to provide the public with an update on the Tropical Storm Hagibis (20W), including how residents can prepare with their health and safety in mind.

A tropical storm warning is in effect for the islands of Saipan, Tinian, and Rota, and Tropical Storm Condition II has been declared by Acting Governor Arnold Palacios, according to a report from the Office of the Governor and HSEM released at 2:30pm on October 6, 2019. Tropical Storm Condition II means that damaging winds of 39-73MPH are expected within the next 24 hours.

In preparation for the storm, the CHCC will provide shelter for the following high risks group to ensure their health and safety:

- **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 of the CHCC (residents of Tinian and Rota should report to the Tinian and Rota Health Centers respectively) where they will be assessed for either admission or the option to shelter on-site in a designated area.

If you are planning to shelter at the CHCC during 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
- Phone and phone charger
- Books, tablets, games, and other entertainment to pass the time
- Personal pillows and blankets for additional comfort

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.

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, please call 234-8950 or email [communications@chcc.gov.mp](mailto: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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