

HEALTH ADVISORY



Commonwealth Healthcare Corporation

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



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FOR IMMEDIATE RELEASE

“CHCC Urges Community to Protect their Physical and Mental Health After Typhoon Hagibis”

The Commonwealth Healthcare Corporation (CHCC) would like to inform the public that all CHCC offices and clinical services are back to regular hours of operation. We would also like to thank the community for their patience and resilience as the Marianas weathered Typhoon Hagibis, and provide some follow up information for helping to ensure your and your family's health and well-being.

If you experienced an injury during Typhoon Hagibis or from cleaning up debris in its aftermath, especially a puncture wound, please see your doctor to ensure that you receive proper care. Wounds can put you at risk for infections that may require antibiotics to treat.

To make an appointment with a primary care provider at the CHCC, please call (670)234-8950.

The increased amount of rain and debris blown around by the storm will have resulted in an increased number of mosquito breeding areas around the island. It is important to clean up and dump out any debris that hold water as soon as you can to eliminate breeding areas, and continue to take additional steps to Fight the Bite:

- Use EPA-approved insect repellents when outside. Follow product instructions, and don't forget to re-apply.
- Make sure windows and doors have screens that do not have holes. Fix any holes in screens to ensure that mosquitoes can't get in.
- Cover up; wear long-sleeved shirts and pants when possible.

The CNMI is still at risk for dengue considering the outbreaks in the Pacific region, and we urge the public to remain vigilant and take steps to protect themselves against mosquitoes.

For more information on how to control mosquitoes, please contact the Bureau of Environmental Health at (670)664-4870/2/3 or email john.tagabuel@dph.gov.mp.

Make sure to address your mental health needs. It can be easy to overlook your emotional health during times of stress and anxiety, when you are focused on the physical health and safety of your family. This, however, is when mental health can actually be one of the most critical aspects of your overall well-being. Even though this storm did not directly impact the Marianas, it is crucial to acknowledge that it was still a very scary and upsetting time for the survivors of Typhoon Yutu, and it is

very common to be feeling strong emotions right now, including sadness, anxiety, anger, and a feeling of being overwhelmed. These emotions can also impact how you feel physically and result in sleep impairment, changes in appetite, headaches, and other physical pain. This is what is known as retraumatization; where a triggering event reminds you of what you experienced during a traumatic time before.

Retraumatization can feel like reopening a wound that has not quite healed. The following suggestions from the Substance Abuse and Mental Health Services Administration (SAMHSA) can help you manage what you are feeling right now:

- Appreciate the impact of the original trauma. Do not underestimate what you have been through, but also recognize that you are strong and able to recover.
- Understand how and why the event happened.
- Connect with people who understand and can help you though. Ensure that you have a support system that is easily accessible and consists of people who know, accept, and care for you.
- Develop effective coping skills (e.g., stress management, self-care, and social support, especially peer support).
- Have a self-care plan that includes strategies for building resilience (e.g., get regular exercise, set aside quiet time for meditation or relaxation).
- Practice your spiritual beliefs or reach out to a faith leader for support.
- Seek care from a trained, trauma-informed provider who can recognize your retraumatization symptoms and offer evidence-based treatment and guidance.

The CHCC Crisis Counseling Program YUTU is ready to provide support to anyone who needs it. They will visit you in your home or village to provide counseling, teach coping strategies, and refer you to appropriate services as needed. CCP YUTU does not keep records or files of any of the individuals they see.

Call to schedule an appointment during their open hours; Monday-Friday 7:30am-4:30pm.

Saipan Helpline: (670) 286-0227

Tinian Helpline: (670) 286-0268

For more information about CHCC programs, please follow us on Facebook and Twitter at @cnmichcc, check out our website at www.chcc.gov.mp or call us at (670) 234-8950.

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

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