



The Eastern *Vibes*

Monthly Newsletter 2020

March 2020, Issue #68

ERHA Hosts An Interfaith Service



Members of staff, stakeholders of the ERHA and specially invited guests at the Interfaith Service

Over 160 members of staff of the Eastern Regional Health Authority and guests joined together at the St. Francis of Assisi R. C. Church on 6th March, 2020 for the ERHA's 2nd Interfaith Service which was held in an effort to give thanks for the Authority's achievements and to seek guidance and blessings for 2020 and future endeavours.

The service commenced with an inspirational prayer segment conducted by representatives of the Inter Religious Organisation which set the tone of the event.

All categories of staff were graciously thanked for their tireless

commitment to service throughout 2019 by Mr. Ronald Tsoi-a-Fatt, Chief Executive Officer in his address. The CEO also encouraged employees to look within themselves and identify strengths, weaknesses and threats which will enable them to capitalise on opportunities that may lie ahead.

Ms. Esme Rawlins-Charles, Chairman delivered the scripture reading at the service and the Gospel Homily was presented by Mr. Michael Serrette, Lay Minister.

The ERHA continues to work together to fulfil our objectives to our clients.

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ERHA Interfaith Service (photos)



Chairman Mrs. Esme Rawlins-Charles and other members of the ERHA's Board of Directors as well as the Chief Executive Officer, Mr. Ronald Tsoi-a-Fatt and Ms. Christine Newallo-Hosein, Member of Parliament, Cumuto/Manzanilla at today's Interfaith Service.



Reverend Dave Garcia of the Triune Spiritual Baptist Inc. offers a prayer.



Lay Minister Michael Serrette presents the Gospel



Representatives of the Inter Religious Organization, staff and stakeholders



The choir leads the congregation with hymns like "God of Mercy, God of Grace" and "Search Me O God."



Chairman Mrs. Esme Rawlins-Charles reads the scripture, taken from Luke 17: 11-19.

Preparing Communities to Deal with Disasters

Over 50 persons from various groups in rural vulnerable communities participated in a Disaster Preparedness Outreach Programme entitled, **"Be Prepared, Be Ready!"** hosted by the Eastern Regional Health Authority.

The two-day programme which was conducted by Ms. Alana Lewis, Disaster Preparedness Coordinator commenced on Tuesday 10th March, 2020 at the L'Anse Noire Community Centre.

The interactive programme focused on increasing awareness on disasters and assisting persons to plan and to be prepared.

Participants were sensitised on personal disaster preparedness, disasters and health, fire safety and CPR Training. A presentation on Safe Shelter Programme was also delivered by Habitat for Humanity.

The informative session also featured representatives of the Sangre Grande Regional Corporation, Sangre Grande Fire Station and the Cardiac Life Support Training Group.

All participants were awarded certificates of participation at the end of the session.



Ms. Alana Lewis, Disaster Preparedness Coordinator addresses the participants



Ann Mc Carthy, a resident of Cumana village, is very passionate about disaster preparedness and indicated that "we should all have people in village council... to network with people in the event of a natural disaster."



Representative of the Sangre Grande Regional Corporation delivers a presentation

Community Wellness Event

The community members of Mayaro were exposed to a day of wellness and healthy living as the Eastern Regional Health Authority partnered with stakeholders and hosted a grand Community Wellness Event at the Mayaro Resource Centre on 13th March, 2020

Residents of Mayaro and environs had the opportunity to access a range of services which included, among others, breast examinations, prostate specific antigen (PSA), eye examinations, DIA scans as well as vaccinations. Referrals were also given for pap smears and other tests.

The event also featured lectures on COVID-19, nutrition and mental health. Persons were invited to have personal consultations with nurses, doctors and other medical professionals who were willingly available to answer the residents' questions and offer advice on healthy lifestyle choices.



Mrs. Beverly-Anne Broanax Greenburgh, event organiser, receives a hamper

Leap Year Baby at Sangre Grande Hospital

Leap year babies, sometimes referred to as leaplings are truly memorable since these beautiful babies only arrive once every four years.

Ms. Kizzy Charles gave birth to a

precious baby girl at the Sangre Grande Hospital at 12:06 p.m. on 29th February, 2020,

See photo at right.

Ms. Kizzy Charles and her leap year baby girl at the Sangre Grande Hospital



Brothers Road Outreach Centre Launches Its Men's Health Clinic

The men of Brothers Road and environs can now benefit from a Men's Clinic at the Brothers Road Outreach Centre where they can easily access information and treatment as it relates to male health.

The clinic which is held on the 3rd Wednesday of every month offers a wide range of services to men, including, routine screening, blood investigations for PSA, PR examinations and one-on-one counselling. Referrals for ultrasounds are also given as well as referrals to specialized clinics, if necessary.

The Men's Clinic was launched on 29th February, 2020 under the theme, "**I Am and I Will**" in observance of World Cancer Day 2020 which was celebrated on 4th February.

At the launch, presentations on prostate cancer were conducted as well as a lecture on cancer and diet. The Health Education Department also delivered a presentation entitled, "**Wellness and**

You, Men's Health" and answered questions from the men. Brochures and handouts on health education were also distributed at the launch.

Persons interested in joining the Men's Clinic at the Brothers Road Outreach Centre, may contact the facility at 656-2547.



Mr. Peter Jeffrey, Health Education Officer, delivers a presentation at the launch

ERHA Response to COVID-19

As governments around the world began working assiduously on developing strategies to address the impacts of COVID-19, the Ministry of Health and the Regional Health Authorities joined in the global fight and began to put measures in place, aimed at alleviating the spread of the virus.

At the Eastern Regional Health Authority, a Novel Coronavirus (nCoV) Management Plan was executed. Training sessions on infection prevention and control for healthcare workers were also conducted.

Further, the Authority also implemented controls to ensure a state of readiness is maintained and reconfigured all health facilities for isolation of suspected cases. Additional Personal Protective Equipment (PPE) for healthcare workers and chemicals for cleaning were also sourced and working schedules were rearranged to ensure that social distancing is maintained.

Additionally, the Authority boosted its health awareness drive and embarked on sensitisation sessions on COVID-19, formally called the Novel Coronavirus, to all its members of staff and to various external stakeholders.

Throughout the months of February and early March, sensitisation sessions on the virus were

conducted by members of the Management Team led by Ms. Indardaye Maharaj, Manager-Regional Nursing.

The Team visited the administrative buildings and health facilities to meet with staff and provided information to them on the virus. The presentation focused on the history of the virus, how it is spread, statistics, symptoms, preventative measures as well as an insight on the health sector and ERHA's response to COVID-19.

Demonstrations on proper hygiene including handwashing techniques and wearing and disposal of face masks were also given at the sessions and handouts were provided to all participants.

Sessions were also held for employees of the Sangre Grande Regional Corporation and the Mayaro/Rio Claro Regional Corporation on 27th February, 2020 and 2nd March, 2020 respectively.

Mr. Anil Juteram, Chairman of the Sangre Grande Regional Corporation attended the sensitization session and thanked the ERHA for visiting the Corporation and raising awareness on COVID-19.

See photos below of sensitisation sessions.



Dr. Kamaluddin Amin, Principal Medical & Health Official and members of staff at the Rio Claro Regional Corporation participated in a sensitisation session on COVID-19



Ms. Krysta-Rae Snaggs, Acting Manager-Occupational Safety and Health demonstrates proper handwashing techniques



Ms. Indardaye Maharaj, Manager-Regional Nursing and other members of the Management Team at Supercare Building



Mr. Anil Juteram, Chairman of the Sangre Grande Regional Corporation thanks the ERHA for conducting an informative session.

COVID-19 (Novel Coronavirus)

Myth-Busters

- ***COVID-19 CANNOT be transmitted through mosquito bites.***

To date there has been no information nor evidence to suggest that the COVID-19 could be transmitted by mosquitoes. COVID-19 is a respiratory virus which spreads primarily through droplets generated when an infected person coughs or sneezes, or through droplets of saliva or discharge from the nose. To protect yourself, clean your hands frequently with an alcohol-based hand rub or wash them with soap and water. Also, avoid close contact with anyone who is coughing and sneezing.

- ***Are hand dryers effective in killing COVID-19?***

No. Hand dryers are not effective in killing COVID-19. To protect yourself against the virus, you should frequently clean your hands with an alcohol-based hand rub or wash them with soap and water. Once your hands are cleaned, you should dry them thoroughly by using paper towels or a warm air dryer.

- ***Can an ultraviolet disinfection lamp kill the COVID-19?***

UV lamps should not be used to sterilize hands or other areas of skin as UV radiation can cause skin irritation.

- ***How effective are thermal scanners in detecting people infected with COVID-19?***

Thermal scanners are effective in detecting people who have developed a fever (i.e. have a higher than normal body temperature) because of infection with COVID-19. However, they cannot detect people who are infected but are not yet sick with fever. This is because it takes between 2 and 10 days before people who are infected become sick and develop a fever.

- ***Can spraying alcohol or chlorine all over your body kill the COVID-19?***

No. Spraying alcohol or chlorine all over your body will not kill viruses that have already entered your body. Spraying such substances can be harmful to clothes or mucous membranes (i.e. eyes, mouth). Be aware that both alcohol and chlorine can be useful to disinfect surfaces, but they need to be used under appropriate recommendations.

- ***Do vaccines against pneumonia protect you against COVID-19?***

No. Vaccines against pneumonia, such as pneumococcal vaccine and Haemophilus influenza type B (Hib) vaccine, do not provide protection against COVID-19.

The virus is so new and different that it needs its own vaccine. Researchers are trying to develop a vaccine and WHO is supporting their efforts. Although these vaccines are not effective against COVID-19, vaccination against respiratory illnesses is highly recommended to protect your health.

- ***Can eating garlic help prevent infection with COVID-19?***

Garlic is a healthy food that may have some antimicrobial properties. However, there is no evidence from the current outbreak that eating garlic has protected people from the new virus.

- ***Are antibiotics effective in preventing and treating COVID-19?***

No, antibiotics do not work against viruses, only bacteria.

COVID-19 is a virus and, therefore, antibiotics should not be used as a means of prevention or treatment. However, if you are hospitalized for COVID-19, you may receive antibiotics because bacterial co-infection is possible.

Healthy Living

T N C H Z B F A U O G N B A L A N C E D U F F H
X N D A A H W F K H A I F E N M E O N Y R U C B
H E I M L O T P Z C R E A M T Y A H P I T N E G
O R N F K O K E Q I O T T A V P O J E Y J R R N
W C L E H G R X R W N O Z X J R Z N U A W Z U I
P A H Q R T N I F U I R G E R G D Y Y Q H D S L
X R F T V G G I E E T P N Z G S I N J I X S I C
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P S H Y A N A P H T L I R D X P V W A E L E O A
P D T O G K T D S E D E A Z B F T F S L V L H V
A M L Z N R I X E S X I J F I A U T I P N K O O
P A A Y I J O P P E V L E T M N Y T U B J Q C R
B P E T G Q N V B I G V N T C L I D Z Y R V L L
K Y H J G L M P P E S E N S E L C S U M T E A C
O B Z E O O M H P F S S S E N I P P A H W E W G
R H I G J B I E T S Y B A L L L Y U U E E B K J

yoga	vegetables	training	sugar
strength	sleep	relaxation	protein
posture	oxygen	muscles	lifestyle
leisure	jogging	health	happiness
glucose	friendship	fitness	fibre
fat	exercise	energy	disease
diet	diabetes	dairy	cycling
carbohydrates	calories	balanced	appetite
alcohol			

Healthy
-LIVING-



MARCH 2020

Sangre Grande Hospital
Ojoe Road, Sangre Grande
Tel: 668-2273/2221/2468/2577
Tel/Fax: 668-4368

Mayaro District Health Facility
Pierreville, Mayaro
Tel: 226-1575, 630-1258/9
Tel/Fax: 630-1257

Biche Outreach Centre
Canque Village
Biche
Tel: 668-9053

Brothers Road Outreach Centre
Brothers Road
Tabaquite
Tel: 656-2547

Coryal Outreach Centre
Balata Hill Road and Cumuto Main
Road
Coryal
Tel: 668-8066

Cumana Outreach Centre
Toco Main Road
Cumana Village, Cumana
Tel: 670-8250

Cumuto Outreach Centre
Main Road
Cumuto
Tel: 226-1106/643-9075

Grande Riviere Outreach Centre
Hosang Street
Grand Riviere
Tel: 670-8264

**Guayaguayare Outreach
Centre**
Guayaguayare Road,
Guayaguayare
Tel: 630-8777

Manzanilla Outreach Centre
Eastern Main Road
Manzanilla
Tel: 226-1111, 668-2063

Matelot Outreach Centre
Main Road
Matelot
Tel: 670-2428

Matura Outreach Centre
Toco Main Road
Matura
Tel: 226-1261, 668-6276

Rio Claro Health Centre
De Verteuil and Dougdeen Street,
Rio Claro
Tel: 226-1104, 644-2236, 644-0181

**Sangre Grande Enhanced Health
Centre**
Ojoe Road
Sangre Grande
Tel: 226-1102, 668-2509

San Souci Outreach Centre
Main Road
San Souci
Tel: 670-2382

Toco Health Centre
Paria Main Road, Toco
Tel: 226-1576, 670-8277

Valencia Outreach Centre
Alexander Street
Valencia
Tel: 226-1260, 667-8197

Submit Articles / Pictures for the ERHA's Newsletter by the 20th of each month to
corpcomm@erha.co.tt