



# The Eastern *Vibes*

**Monthly Newsletter 2020**

July 2020, Issue #72

## New Roof at Matelot Outreach Centre



*External corridor completed with 4x2 light fixtures installed and finish flush with treated groove ply ceiling, which was also coated with marine paint.*



*Awnings completely covering the main entrance with adequate coverage*

Clients can now access healthcare services in a safer and more comfortable environment as the ERHA completed reroofing works at the Matelot Outreach Centre.

Recognising the need to preserve the assets of the Authority and to minimise disruption of services due to unsuitable accommodation, new timber treated roofs were installed on the main building, ambulance garage and guard booth. Also, the existing roof pitch was maintained to withstand the environmental conditions.

Installation of gypsum ceiling tile with thermal barrier for heat insulation was installed throughout the main building of the facility to help prevent health

hazards and keep heat inside of the compound.

Additionally, all new electrical items such as, ceiling fans were installed and all necessary wiring and reinstallation of external lighting were completed.

During the temporary closure, clients of the Matelot Outreach Centre were transported to the Grande Riviere Outreach Centre where they were able to access healthcare services.

On 6th July, 2020, the Matelot Outreach Centre reopened and staff are enjoying the comfortable atmosphere.

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## Lecture Series on COVID-19 - Frequently Touched Surfaces

**"Avoid touching your face and frequently touched surfaces"** was the main message delivered to over six hundred and ninety (690) clients at health facilities in the St. Andrew/St. David County. The COVID-19 lecture series was conducted by the Health Education Department.

The series which focused on Frequently Touched Surfaces ran from 30th June, 2020 - 29th July, 2020 and covered various clinics such as, Chronic Disease, Child Health, Ante Natal, Post Natal and Health Office.

Clients were sensitised on hygiene protocols such as the importance of washing hands often with soap and water for at least 20 seconds. They were informed that hand sanitisers must contain a minimum of 60% alcohol and should be used especially after touching surfaces such as maxi and taxi doors, stair railings, store counters, gas station pumps, shopping carts, ATMs and point of sale machines.

They were also sensitised on how to clean and sanitise frequently touched surfaces around the home daily, by using a clean cloth and bleach solution, made by mixing 1/3 cup beach and 1 US Gallon or 3.8 liters of water.



(left) Ms. Sherifa Ali-Badri, Health Education Aide delivers a presentation to clients at Manzanilla Outreach Centre



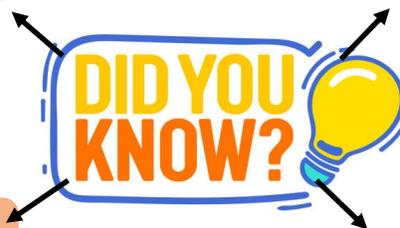
Ms. Khadine Ramdial, Health Education Aide, sensitises clients at Cumuto Outreach Centre on the importance of handwashing.

## World Hepatitis Day 2020

325 million people are living with viral hepatitis B and C

42% of children, globally, have access to the birth dose of the hepatitis B vaccine

900,000 deaths per year caused by hepatitis B virus infection



10% of people living with hepatitis B and 19% living with hepatitis C know their hepatitis status

World Hepatitis Day is commemorated each year on 28th July to enhance awareness of viral hepatitis, an inflammation of the liver that causes a range of health problems, including liver cancer.

There are five main strains of the hepatitis virus – A, B, C, D and E. Together, hepatitis B and C are the most common cause of deaths, with 1.3 million lives lost each year. Amidst the COVID-19 pandemic, viral hepatitis continues to claim thousands of lives every day.

This year's theme is **"Hepatitis-free future,"** with a strong focus on preventing hepatitis B among mothers and newborns.

# PROTECTING YOUR HOUSEHOLD FROM COVID-19

## 1 Make sure that everyone in your home follows the standard personal health precautions



Wear a mask when out in public. Sanitize hands before putting on and after removing masks. Cloth masks should be washed and dried thoroughly before re-use



Practise physical distancing. Keep your distance from others ( e.g. no kissing, hugging or hand-shaking, avoid unnecessary gatherings). Stay 6 feet apart



Clean then sanitize hard surfaces ( e.g. table tops, hand rails, door knobs, mobile devices and trolleys) as often as possible. Use disinfectant or a solution of 1/3 cup of bleach to 1 gallon of water



Stay home if you are ill



Wash your hands properly with soap and water. Use an alcohol-based hand sanitizer if water and soap are not available



Cover your nose and mouth with a tissue when you cough or sneeze. Dispose of tissue immediately after using. Cough and sneeze into the crook of your elbow if you do not have a tissue



Avoid touching your face

## 2 Stay Safe When Entering Your Home

- When you return home, try not to touch anything or anyone where possible
- Leave bag, wallet, keys etc in a box at the entrance along with other packages
- Take off your shoes
- Remove your mask carefully from behind your ears or the back of your head as applicable. Try not to touch eyes, nose and ears especially
  - > If the mask is reusable put to wash separately from other items. If disposable discard immediately.
- Wash your hands
- Wipe your mobile phone and glasses with alcohol-based wipe
- Sanitize other surfaces that were touched (e.g. door knobs)
- Clean the surfaces of all items brought in from the outside, including groceries
  - > Clean packaged goods with disinfectant or a combination of 1/3 cup of bleach to 1 gallon of water
  - > Use soap and water to wash fruits and vegetables
  - > Soak vegetables in a solution of 2 teaspoons of household bleach to one gallon of water for five minutes. Then rinse with clean water
- Take off your clothes and keep separate from other clothes that were not worn outside
- Take a bath

Remember it is not possible to do a total sanitization. The objective is to reduce the risk.

# FLOODING: KNOW YOUR RISKS! BE PREPARED!

The most common hazard in Trinidad and Tobago is flooding. Flooding occurs when the inflow of water into an area is faster than the outflow, and although floods may be categorised differently, one category may merge into another. The following types of floods occur in Trinidad and Tobago:

## STREET/URBAN FLOODING

- More common in urbanized areas of Trinidad and Tobago.
- Heavy rainfall overwhelms the drainage system and water flows into streets and occasionally into structures.
- Frequently seen along the East-West Corridor and near the nation's highways where inadequate drainage exists.



## FLASH FLOODING

- Flood water rises and falls rapidly with little or no advance warning over a short period/small area.
- Results in dangerous debris being swept up, as water can transport large objects like rocks, trees, and cars.
- Flash floods are difficult to predict and usually occur within a period of minutes to hours.

## RIVERINE FLOODING

- Occurs when water from a primary watercourse, or river, overtops its banks.
- Rainfall over an extended period can cause major rivers to overflow their banks.
- Downstream areas may be affected even when they did not receive much rain themselves.

## COASTAL FLOODING

- Occurs in areas that lie on the coast of a sea, ocean, or other large bodies of open water.
- Typically the result of extreme tidal conditions caused by severe weather.

## KNOW YOUR RISK

- Densely populated areas are at a high risk for flash floods. The construction of buildings, highways, driveways, and parking lots increases runoff by reducing the amount of rain absorbed by the ground. This runoff increases the flash flood potential.
- Areas near rivers are at risk for floods.
- Mountains and steep hills produce rapid runoff, which causes streams to rise quickly. Rocks and shallow, clayey soils do not allow much water to infiltrate into the ground. Saturated soils can also lead to rapid flash flooding.
- Additional high-risk locations include urban areas, from pavement and roofs which enhance runoff.



## FLOODING: KNOW YOUR RISKS! BE PREPARED!

BEFORE A FLOOD	DURING A FLOOD	AFTER A FLOOD
<b>Create an Emergency Plan.</b>  Ensure that you are able to communicate with your family and friends in the event of a disaster by creating a plan in advance.	<b>Stay Informed &amp; Remain Calm</b>  Listen to radio and television if possible, check credible internet and social media sites such as ODPM, the Met Office and your Municipal Corporation for information and updates.	<b>Avoid Flood Waters</b>  Standing water hides many dangers including toxins and chemicals. There may be sharp objects under the water or the road could have collapsed. Flood waters can also carry animals and contaminants that lead to infections/diseases.
<b>Assemble an Emergency Kit</b>  Ensure that you and your family have sufficient non-perishable food items, water, and medicine on hand at all times to last you a <b>minimum</b> of 3 days but ideally 7 days in case of an emergency.	<b>Get to Higher Ground</b>  If you live in a flood-prone area, get to higher ground immediately. Move to upper levels of your home if the lower levels are threatened by flooding.	<b>Avoid Affected Areas</b>  Your presence may hamper rescue and other emergency operations.
<b>Secure your documents</b>  such as birth certificates, passports and similar documents in waterproof bags or sealed containers.	<b>Follow Evacuation Orders</b>  If told to evacuate, do so immediately. If you have time, disconnect utilities and appliances.	<b>Wait for the All Clear</b>  Do not enter affected areas or buildings until you are given the All Clear by authorities.
<b>Secure valuables</b>  and park vehicles in places that will not be flooded.	<b>Practice Electrical Safety</b>  Do not go into any room if water covers the electrical outlets or if cords are submerged. If you see sparks or hear buzzing, crackling, snapping or popping noises - get out!	<b>Contact Your Family and Loved Ones</b>  Let your loved ones know that you're okay.

### FLOOD FACTS

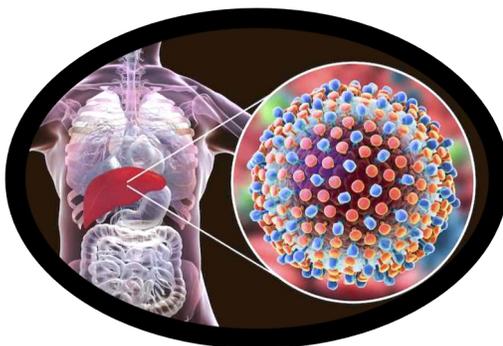
- A foot of water will float many vehicles.
- Two feet of rushing water will carry away most vehicles.
- A mere six inches of flood water moving fast enough can knock an adult down.
- Six inches of water will reach the bottom of most passenger cars and can cause loss of control and possible stalling.
- Flash floods can bring walls of water from 10 to 15 feet high.
- Flood waters may be electrically charged from downed power lines. Avoid them!



# World Hepatitis Day

I L Z A D H I Y B D S K D P O R W K E V U Z B C  
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AIDS	alcohol	antibody	blood
catie	cirrhosis	fibrosis	food
genotype	hepatitis	infections	liver
minerals	sexually	stages	treatment
vaccine	virallload	virus	





JULY 2020

**Sangre Grande Hospital**  
Ojoe Road, Sangre Grande  
Tel: 226-4744/668-2273  
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](mailto:corpcomm@erha.co.tt)