



The Eastern *Vibes*

Monthly Newsletter 2021

January 2021, Issue #78

ERHA Provides a Public Account to Stakeholders at Public Board Meeting



Ms. Sasha Darbeau, Deputy Chairman, addresses the audience as Ms. Esme Rawlins-Charles, Chairman and Mr. Ronald Tsoi-a-Fatt, Chief Executive Officer look on

The Eastern Regional Health Authority (ERHA) provided a public account to its stakeholders on the initiatives undertaken by the Authority for the fiscal year 2019/2020.

Ms. Esme Rawlins-Charles, Chairman of the Authority, highlighted key initiatives by the ERHA that were geared towards improving service delivery, such as the establishment of a twelve (12) chair Satellite Dialysis Centre in County Nariva/Mayaro.

Mrs. Rawlins-Charles also commended the staff for the successful implementation of the parallel health system under the national plan to enable the normal health system to continue simultaneously with the dedicated pathway for addressing the COVID-19 pandemic.

Story continues on page 2.

In this Issue

- ERHA Provides a Public Account to Stakeholders at Public Board Meeting
- ERHA Participates in Outreach Programme for Eastern Division Police Officers
- Staff Members Get Their Flu Shot
- FAQ - Flu Vaccine
- COVID-19 Myth Busters
- Year of the Health and Care Workers 2021
- Dry Season 2021
- COVID-19 Word Search

ERHA Provides a Public Account to Stakeholders at Public Board Meeting (continued)

Mr. Ronald Tsoi-a-Fatt, Chief Executive Officer in his presentation provided further insight on the accomplishments, plans, goals and targets of the ERHA. The CEO highlighted key initiatives such as the new services offered; the ERHA's commitment to primary care, preventative and rehabilitative care; upgraded infrastructure; installation of new equipment at

health facilities; developments with the new hospital. He also spoke about the Authority's response to the Covid-19 pandemic.

Clients and members of the public welcomed the opportunity to participate in the meeting and embraced the technology to pose questions and share their suggestions for improvement in the ERHA.



Ms. Esme Rawlins-Charles, Chairman



Members of the Board of Directors and Management Executive Team at the Public Board Meeting



Mr. Ronald Tsoi-a-Fatt, Chief Executive Officer



Ms. Sasha Darbeau, Deputy Chairman

ERHA Participates in Outreach Programme for Eastern Division Police Officers

The ERHA provided healthcare services for over 100 police officers attached to the Eastern Division as part of our outreach programme.

The Health Fair was hosted by the Eastern Division of the Trinidad and Tobago Police Service at the Sangre Grande Police Station on January 22, 2021 in collaboration with Ministry of Health HIV & AIDS Coordinating Unit, North Central Regional Health Authority and other stakeholders.

Regular health screening, HIV Rapid Testing, eye testing and other health services were offered. The Authority conducted individual consultations to provide information on important topics such as chronic diseases, men's health, women's health, nutrition, mental health, how to quit smoking and sexual safety & STI's.

COVID-19 and key aspects of the 'new normal' were also covered and participants welcomed the interactive discussions with the healthcare professionals.

The Health Fair also provided local businesses such

as the Grande Riviere Chocolate Company among others, an opportunity to advertise their products.



Participant visits the ERHA's Health Education Display Booth.



Ms. Faithlyn Oucrama of Rapport Youth Information Centre, NCRHA, chats with PC Ryan.



WPC Cassar-Oudit gets her blood pressure tested.

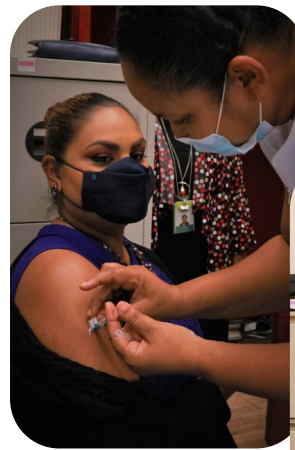
Staff Members Get Their Flu Shot

"Protect yourself, your family and your friends. Get the 2021 Flu Vaccine!"

Over 200 members of staff were administered the new flu vaccine during the annual Influenza Vaccination Drive conducted by the ERHA's Nursing Department at selected administrative offices and health facilities.

On 20th January, 2021, a vaccination site was set up at Supercare Building for employees from DeFreitas, Libert and Supercare Buildings to receive their flu shot.

The members of staff were also asked to encourage their friends and families to visit their nearest health facility to get vaccinated and protect themselves against the influenza virus.



Ms. Beverly Le Andre James, Registered Nurse, administers a flu vaccine to Ms. Kimberly Beharry, Junior Administrative Assistant.



Mr. Julius Ramdeen, Handman, receives his 2021 flu vaccine



Frequently Asked Questions - Flu Vaccine

What is the Flu?

Influenza is a serious illness and can be fatal. The World Health Organization estimates that approximately 500,000 people die from Influenza each year. In the Caribbean region, the scale of Influenza related hospitalisations and death is not accurately known, as diagnostic testing for the Influenza virus is not widely available. The Ministry of Health urges the public to get the flu vaccine to help keep themselves and their loved ones safe!

What are the symptoms of the flu?

Symptoms of influenza can include fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills and fatigue. Some people may also have vomiting and diarrhea.

People may be infected with the flu and have no symptoms at all or only respiratory symptoms without a fever.

How is the Flu spread?

Influenza can easily spread from person to person when an infected person coughs or sneezes and droplets containing viruses get into the air and are inhaled by persons nearby. Persons can also become infected by touching surfaces (door knobs, desks etc.) contaminated with flu viruses and then touching their mouth or nose.

How can persons prevent the spread of the flu?

To prevent the spread of infectious diseases like influenza, the public is urged to:

- Take the new 2021 flu vaccine.
- Cover your mouth and nose with a tissue when coughing or sneezing. Doing so into the crook of your elbow is also acceptable.
- Wash your hands with soap and water regularly.
- Avoid close contact with people who have flu like symptoms.
- If you have symptoms of the flu, seek immediate medical attention if you experience difficulty breathing, chest tightness, the inability to eat or drink, persistent vomiting, or confusion.

COVID-19 Myth Busters

- **Myth:** *When the numbers of new infections of COVID-19 in a country are low then vaccination is not required.*
Fact: COVID-19 is spread easily from person to person. If the population does not follow all the personal health precautions, then it becomes very easy for a country to experience a spike in the number of COVID-19 cases.
In order to protect our most vulnerable persons from getting the disease, or worse yet dying, we must take all steps possible to prevent the spread of the disease, including taking the COVID-19 vaccine.
- **Myth:** *If you follow all of the personal health precautions then you do not need to take the COVID-19 vaccine.*
Fact: While the vaccine will reduce your risk of getting COVID-19, we still don't know the extent to which it prevents you from spreading the virus to others.
- **Myth:** *Since the COVID-19 survival rate is high, vaccination is not required.*
Fact: Although the survival rate is high globally, the lifelong complications due to infection by COVID-19, called Long COVID-19, are a reality. The disease can cause long-term health problems such as lung, heart and brain damage.
- **Myth:** *If you already had COVID-19 you will not need to get the vaccine.*
Fact: There is no evidence to indicate the length of time that a person will have natural immunity after they have recovered from COVID-19. Natural immunity is the natural protection your body creates after you recover from a disease.
- **Myth:** *If you are not at risk for severe complications of COVID-19, you don't need the vaccine.*
Fact: Although a person may not fall in the high risk category, there is still the chance that the person will get the disease. Anyone can contract and spread the virus to others, even to persons in high risk groups. Apart from the protection that the COVID-19 vaccine may offer to the person who receives it, the vaccine may also reduce the risk of spreading the disease to others.
- **Myth:** *The COVID-19 vaccine was developed to control the general population either through microchip tracking or nano transducers in our brains.*
Fact: There is no vaccine "microchip," and the vaccine will not track people or gather personal information into a database. This myth started after comments were made by a public figure about the creation of a digital certificate of vaccine records. The technology referenced is not a microchip, has not been implemented in any manner, and is not tied to the development, testing or distribution of the COVID-19 vaccine.
- **Myth:** *mRNA COVID-19 vaccines should not be trusted since they were rushed.*
Fact: Although the mRNA vaccines are considered a new form of medical therapy, researchers and scientist have been working on this specific type of vaccine for many years.
- **Myth:** *We don't know the components of the vaccine.*
Fact: The full ingredient list for all COVID-19 vaccines that have been approved by the WHO and other reputable international agencies have been disclosed and are publicly available.
- **Myth:** *The vaccine will alter my DNA.*
Fact: The COVID-19 vaccine does not make changes to the DNA of the recipient.
- **Myth:** *Vaccines cause health conditions like Autism.*
Fact: Some people have had concerns that Autism might be linked to vaccines, but several studies have shown that there is no link between receiving vaccines and Autism.

Year of the Health and Care Workers 2021

Protect. Invest. Together

World Health Organization (WHO) has declared 2021 as the International Year of Health and Care Workers (YHCW) in appreciation and gratitude for their hard work, dedication and commitment in the fight against the COVID-19 pandemic.

The year-long campaign highlights the urgent need to invest in health workers for shared dividends in health, jobs, economic opportunity and equity under the theme, ***"Protect. Invest. Together."***

The Eastern Regional Health Authority joins the rest of the world in supporting and thanking its healthcare workers as they provide quality healthcare. Let us all do our part to ensure that our health and care workforces are supported, protected, motivated and equipped to deliver safe healthcare at all times.



Visit www.who.int for more information

DRY SEASON 2021

The Met Office officially declared the start of the dry season on January 8th, 2021. Trinidad and Tobago's dry season is an annual period of lower than average rainfall. It can start as early as the beginning of January to as late as the beginning of February and continues until late May or into June.

2021 Dry Season Forecast:

- ◆ More localised rainfall than usual over most areas of Trinidad and Tobago, however there is still a possibility of dryness.
- ◆ There would be many sunny days with typical dry season weather expected, including the presence of Saharan Dust; more so during March and April.
- ◆ We are likely to experience about 90 dry days during the season, fewer than the average of 109. A dry day is one with less than 1.0 mm of rainfall.
- ◆ January and February will have chilly nights as relatively colder air is likely to enter into the region.

What Is A Hot Spell?

A Hot Spell is a period of hot weather characterised by higher than usual temperatures that span for five or more consecutive days. A hot day is depicted by temperatures that are greater than 34.0°C in Trinidad and 32.0°C in Tobago.



What Are Some Risks?

- ◆ The increased need to collect water and store in containers usually leads to increased breeding areas for mosquitoes if water is not stored properly.
- ◆ Drying is likely to increase the likelihood of bush and forest fires, especially during late February and March.
- ◆ Bush, grass, forest and landfill-fires tend to reduce the air quality. The smoke can negatively affect persons with underlying respiratory ailments such as asthma and shortness of breath.
- ◆ Less rainfall can cause agricultural drought. This can cause farmers to endure economic losses as their crops are affected.



Emergency Numbers

POLICE 999

FIRE SERVICE 990

GMRTT (Emergency Health Service) 811

ODPM EMERGENCY 511



COVID-19 WORD SEARCH

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

**CLEAN
CONTAGIOUS
CORONAVIRUS
COUGH
COVID
FEVER
MASK
SPREAD
SYMPTOMS
WASH**



JANUARY 2021

Sangre Grande Hospital
Ojoe Road, Sangre Grande
Tel: 226-4744, 668-2273

Mayaro District Health Facility
Pierreville, Mayaro
Tel: 226-1575, 630-1258

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: 226-1134, 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

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

Satellite Dialysis Unit,
Narine Ramrattan Building
Naparima/Mayaro Road,
Rio Claro
Tel: 226-9000

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