



# The Eastern *Vibes*

**Monthly Newsletter 2021**

November 2021, Issue #88

## Disaster 101 Talk Series

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*Ms. Alana Lewis, Disaster Preparedness Coordinator, presents the grand prize to Mr. Andy Romero, Dental Nurse*



*Ms. Inez Cardines Pharmacy Assistant, receives the grand prize presented by Ayanna Thomas, Clerk/Typist*

**“A core component in disaster risk management is training and awareness building”.**

In an effort to cultivate a culture of preparedness amongst staff and equip them with the basic skills and knowledge to promote disaster preparedness, the

ERHA's Disaster Preparedness Unit hosted a **"Disaster 101 Talk Series"** from June 17, 2021 - October 22, 2021.

**Article continues on page 2.**

## Disaster 101 Talk Series

The virtual series consisted of ten informative sessions which were delivered by external stakeholders, who covered varying topics under disaster management. Participants were sensitised on areas such as, Personal Home/Fire Safety; Hurricane, Tsunami and Earthquake Risk; TTMS Early Warning System and Personal Security Preparedness.

Certificates of Participation and tokens were distributed to members of staff who met 70%

and above in attendance, while persons who attended all sessions were qualified as grand prize winners.

**“Knowledge and training in emergency and disaster preparedness are important in responding effectively”.**

## ERHA’s Vaccination Drive Continues at Brooklyn Community Centre

21 residents of Brooklyn Settlement received their COVID-19 vaccine at the ERHA’s COVID-19 Vaccination Programme, held at Brooklyn Settlement Community Centre on November 19, 2021.

Community members came out to receive their

first dose, second dose and the additional primary dose.

The 2022 Flu Vaccine was also administered at the vaccination drive.



## World Diabetes Day 2021

**“Diabetes is one of the leading causes of death and affects approximately 422 million persons worldwide with cases steadily increasing”.**

**- World Health Organization.**

### *Living Well With Diabetes*

***“Diabetes does not control me; I control my diabetes”.***

This was the powerful statement participants in the ERHA’s Virtual Diabetes Workshop were encouraged to remind themselves daily. The workshop was held on 17 & 18 November, 2021 via Microsoft Teams.

The sessions focused on self-management of diabetes and healthy eating habits with

Recognising the importance of raising awareness and the need to increase education on diabetes, World Diabetes Day is celebrated annually on November 14th. Each year, the Eastern Regional Health Authority joins the global community to sensitise the public on diabetes and encourage persons to practice healthier lifestyles.

This year, our Health Education Departments hosted a virtual workshop and conducted lectures at health facilities. See details below.

emphasis on consuming whole foods to better manage blood sugar levels. Portion control and diabetic-friendly meals for holidays and special occasions were also discussed.

The workshop was attended by 42 participants from various groups and organisations within the St. Andrew/ St. David and Nariva/Mayaro districts, including Chronic Disease Support Groups, GAPP, Lion’s Club and Wellness Centres.

**“Adopting a healthy lifestyle is necessary to take better control of your diabetes in order to reduce the development of diabetes-related complications and maintain a good quality of life”.**

### *Diabetes Lectures at Health Facilities*

Over 135 clients were sensitised on ways to manage diabetes in the Health Education Department’s lecture series entitled, ***“Access to Diabetes Care”***.

The lectures were conducted throughout the month of November at the Sangre Grande Enhanced Health Centre, Coryal Outreach Centre and the Manzanilla Outreach Centre.

Clients were informed of the importance of managing their diabetes and were encouraged to do so by taking medication as prescribed, eating healthy, exercising and monitoring blood sugar levels.

Health education literature was shared with the participants and they were also given an opportunity to chat with the health professionals on managing diabetes and adopting healthier lifestyle practices.



*Ms. Khadine Ramdial, Health Education Aide, delivers a presentation on diabetes at the SGEHC*

## The Blue Circle Initiative

*In recognition of World Diabetes Day, staff of Nariva/Mayaro proudly displayed **The Blue Circle** which is the universal symbol for diabetes. It signifies the unity of the global diabetes community in response to the rising number of people affected by diabetes.*



## COVID-19 Survivor Encourages You to Get Vaccinated



Ms. Liloutee Rampersad, COVID-19 Survivor

### *"Don't Delay, Get Vaccinated Today".*

This was the main message which Mrs. Liloutee Rampersad, a Sangre Grande resident and COVID-19 survivor, wanted to emphasize to all members of the public. She spent 58 days at the Sangre Grande Hospital as she battled the COVID-19 virus back in May 2021.

As the number of positive cases increased, she limited her movement outside her home and practiced the COVID-19 protocols but was confirmed positive when another member of her family contracted the virus.

Mrs. Rampersad noted that in spite of her medical challenges, the most difficult part of her journey was not being able to see her family, but with the care and support of the medical team especially Dr. Kareema Ali she made it through.

Life is no longer the same, she stated. On arrival home she was still on oxygen, could not walk and had to be taken care of by her family like a newborn baby. She stills to this day becomes tired easily and can feel the physical changes in her body.

She is thankful for her strong family bond and her sons and daughter-in law Nadia

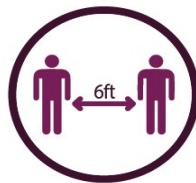
Rampersad who supported her through this most difficult period.

Mrs. Rampersad is now completely vaccinated and encourages everyone to protect themselves against this deadly virus and its variants.

# TOGETHER FOR EACH OTHER



Wear a mask



Watch your distance



Wash your hands





Government of the Republic of Trinidad and Tobago  
Ministry of Health

# ADDITIONAL PRIMARY DOSE OF THE COVID-19 VACCINE

Important Information for Eligible Fully Vaccinated Persons on Receiving  
an Additional Primary Dose of a COVID-19 Vaccine

**Are you fully vaccinated with either two doses of the Sinopharm, AstraZeneca or Pfizer Vaccines or one dose of the Johnson and Johnson Vaccine?**

**Are you eligible to receive an additional primary dose of the same vaccine you have already received?**

**Who should receive an additional primary dose of the COVID-19 vaccine as recommended by the World Health Organization:**

## SINOPHARM

- All persons 60 years and over: an additional dose is recommended 3 to 6 months after your second dose or soonest thereafter. No referral letter is required and you will be contacted by the relevant RHA for an appointment.
- All persons moderately or severely immunocompromised regardless of age, an additional dose is recommended 1 to 3 months after final dose or soonest thereafter. Your Physician must provide a referral letter.

## ASTRAZENECA

## PFIZER

## JOHNSON AND JOHNSON

- All persons moderately to severely immunocompromised regardless of age; an additional dose is recommended 1 to 3 months after final dose or soonest thereafter.
- Your Physician must provide a referral letter.

**Some examples of persons with immunocompromised conditions are:**

- Persons with active Cancers
- Transplant recipients
- Persons with Immunodeficiencies (e.g. Chronic dialysis patients)
- Certain persons who are HIV positive (e.g. Persons with a CD4 count of less than 200)
- Persons on immunosuppressive therapy

Consult your doctor or visit [www.health.gov.tt](http://www.health.gov.tt) for further details

**Additional Primary Dose of the COVID-19 Vaccine  
is available from November 10, 2021**

Johnson and Johnson & Sinopharm COVID-19 vaccines - All Health Centres  
AstraZeneca, Johnson and Johnson, Pfizer and Sinopharm - All Mass Vaccination Sites  
Johnson and Johnson, Pfizer and Sinopharm - All Drive-thru Vaccination Sites

Walk with your vaccination card and valid identification



[www.health.gov.tt](http://www.health.gov.tt)



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## What to look out for when you “Want ah piece ah meat” this Holiday Season

Presented by the Pubic Health Inspectorate Department, STAD

*It's that time of year again and soon most of us will be searing for that perfect “piece of meat” or turkey for our table. Here are some things to look out for when you are purchasing meat, whether fresh or frozen:*

- When purchasing meat and poultry, it's important to use your senses of touch, smell and sight. Always make sure the meat is firm to the touch, and check that the packaging doesn't have any tears, holes or excessive amounts of liquid. It should also be cold to the touch and have no odor.



**Pork** - Pork should have a pinkish-red color, while any fat should be white in color, with no dark spots. Avoid choosing meat that is pale in color.



**Beef** - Beef should be bright cherry color. If the beef is in a sealed bag, the color is typically a darker purplish-red. Once exposed to air, it will turn a bright red. Ground beef is especially risky. Not only is there more surface area exposed, but it also went through more processing and handling. So, it's more prone to spoilage than a piece of steak.



**Poultry** - Whether you're choosing packaged chicken or turkey, it should look pink and not gray. Avoid poultry with any purple or green discoloration around the neck, and dark wing tips.



**Lamb** - Lamb should be a soft pink to red color, and any fat or marbling should be white.

- If you have purchased chilled or frozen foods, you should get them home as quickly as possible. For trips longer than about 30 minutes, or on very hot days, it's a good idea to put chilled or frozen foods in a cooler or insulated bag to keep food cold. Safe meat handling is important to safe meat eating.
- Whether you're at the butcher or in your kitchen, practicing meat and poultry safety is essential for preventing illness. Most harmful bacteria can't be seen, smelled or tasted.

***Follow these recommendations for proper cooking of your meat and poultry so you can help to ensure the safety of you and your family this Season.***

## Occupational Safety and Health Feature

***In this segment we introduce the OSH Team at the Sangre Grande Enhanced Health Centre and will focus on "The 12 Days of Christmas Safety".***

### ***Meet the Team***

The SGEHC Team ensures the safety, health and welfare of all employees, clients and visitors at the facility. The Team comprises Mr. Christian De Freitas, Health, Safety & Environment Technician who joined the ERHA in 2019, Ms. Kristyleen Charles, Clerk I and Mr. Levi Mohammed, Trainee. This Team also provides OSH coverage to the Libert and Supercare Buildings at Head Office.

Mr. Christian De Freitas, Health, Safety & Environment Technician



Ms. Kristyleen Charles, Clerk/Typist



Mr. Levi Mohammed, Trainee

The 12 Days of Christmas Safety		1	2
Keep your tree away from fireplaces, radiators and other heat sources	Make sure your tree has a stable platform so it doesn't tip over	Keep lit candles away from real trees, wreaths, boughs and garlands	Keep poisonous sweets and chocolates away from your pets
 3	 4	 1	 2
Choose an artificial tree that is labelled flame resistant	Turn off all tree lights and decorations when not in use	If you have a real tree, make sure you water it regularly	Check your lights for fraying, bare spots and kinks in the wire
 5	 8	 6	 7
Use an appropriate ladder or stepladder when putting up decorations	When preparing the food, make sure you avoid cross contamination and clean your surfaces and utensils	No matter how tempting it may be NEVER drink and drive!	Make sure you reheat your leftovers to at least 74 degrees to avoid food poisoning
 9	 11	 10	 12
Merry Christmas			



# Happy Diwali

Diwali, also known as the festival of lights is a festival in which deyas are lit to symbolize the lifting of spiritual darkness. It is a celebration of good over evil or light over darkness. On this day persons perform Lakshmi puja to be able to receive her blessings both in wealth and prosperity.

*“May the light shower over darkness and provide you with great wealth and prosperity”*

## **Staff in Ethnic Indian Wear**



Dr. Candace Simpson-Smith, Nutritionist



L-R Ms. Tiffany Rampersad, Trainee and  
Ms. Amanda Roberts, Administrative Assistant



Ms. Sunita Buchoon, Clerk I





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**Sangre Grande Hospital**  
Ojoe Road, Sangre Grande  
Tel: 226-4744/668-2273  
Tel/Fax: 668-4368

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

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

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

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

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

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

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

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

**Matelot Outreach Centre**  
Main Road  
Matelot  
Tel: 670-2428

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

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

**Biche Outreach Centre**  
Canque Village  
Biche  
Tel: 668-9053

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

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

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

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

**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](mailto:corpcomm@erha.co.tt)