



The Eastern *Vibes*

Monthly Newsletter 2020

April/May 2020 Issue #70

“We can do this Together!” - Our Fight Against **COVID-19**

	Cases controlled	Test, trace, isolate	Vulnerable settings (no data)	Preventative measures in workplaces (no data)	Manage imported cases	Community understanding	Overall (based on 4/6)
Trinidad and Tobago	1.0	0.8			1.0	0.9	0.9
Croatia	0.8	0.8			1.0	1.0	0.9
Hong Kong	1.0	0.8			1.0	0.7	0.9
Iceland	1.0	1.0			0.8	0.8	0.9
Slovak Republic	0.9	0.6			1.0	0.9	0.8
Costa Rica	0.9	0.8			0.8	1.0	0.8
Botswana	1.0	0.4			1.0	0.9	0.8
Jordan	1.0	0.6			0.8	1.0	0.8
South Korea	0.8	1.0			0.8	0.7	0.8
Taiwan	1.0	0.8			1.0	0.5	0.8
Thailand	0.8	0.6			1.0	0.9	0.8

Less ready to exit lockdown



More ready to exit lockdown

Oxford University Rank - Lockdown Rollback Checklist 1 May, 2020

Trinidad and Tobago recorded its first confirmed case of COVID-19 on March 12, 2020. COVID-19, formerly known as the Novel Coronavirus is part of a family of viruses that includes the common cold, SARS and MERS.

The virus was declared a global pandemic on March 11, 2020 and by April 30, 2020, 3,090,445 persons were infected and 227,300 persons had sadly lost their lives.

Several key measures were implemented by the Government of Trinidad and Tobago in our fight

against COVID-19; these included among other controlled cases; treat, trace, isolate; preventative measures in workplaces; managing imported cases and community understanding.

Through our comprehensive planning and stringent implementation, Trinidad and Tobago topped the Oxford University listing of countries who followed the WHO recommendations and were almost ready to begin rollback of COVID-19 lockdown restrictions as at May 1, 2020.

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Key Messages on COVID-19



Her Excellency Paula-Mae Weekes,
President of the Republic of Trinidad and Tobago

Her Excellency Paula-Mae Weekes, President of the Republic of Trinidad and Tobago in her message for World Health Day on April 17, 2020 stated that the COVID-19 pandemic had placed healthcare systems worldwide under immense pressure... She urged all citizens to be careful in their daily lives and to ***"heed the call to stay home, wash their hands and practice strict social distancing."***

President Weekes also called on everyone to ***"show our frontline responders the actual respect and appreciation they deserve, not only by applauding their efforts, but also by doing our part to slow the spread of the novel coronavirus."***

Trinidad and Tobago on the COVID-19 Pandemic - March 17, 2020.

"...I urge citizens to be responsible and to act with restraint as we navigate this period of the changing and the unknown.

Your Government will continue to do all that it can to ensure the wider public safety and protection. Together we must confront these challenges and together we must act with confidence that whatever it takes, together we will do it and together we will overcome."

Excerpt from a speech by Dr. the Honourable Keith Christopher Rowley, Prime Minister of the Republic of Trinidad and Tobago, delivered in Parliament on March 13, 2020.



Dr. The Honourable Keith Christopher Rowley,
Prime Minister of the Republic of Trinidad and Tobago



The Honourable Terrence Deyalsingh, Minister of Health

"I also use this opportunity to remind the public to remain calm and diligently adhere to all the public health recommendations of the Ministry of Health relating to personal hygiene, social distancing, sanitization of frequently used surfaces, quarantine measures and other advisories outlined by the Ministry. I assure you all that, together, we do have the power to overcome this health challenge."

Excerpt from a Statement by the Honourable Terrence Deyalsingh, Minister of Health, on the COVID-19 Pandemic - March 25, 2020.

STAY HOME.
STAY SAFE. SAVE LIVES.

Coronavirus Strategy Meeting

Planning for disasters is a routine exercise undertaken by Members of the Disaster Management Steering Committee in the Eastern Regional Health Authority (ERHA).

Recognising global developments, the team led by Mr. Ronald Tsoi-a-Fatt, Chief Executive Officer and Incident Coordinator of the Committee, met on February 11, 2020 to plan for COVID-19.

Coming out of the meeting key items were identified for action to prepare the Eastern region for the unknown. Some of the areas include among others, the development of a management of Novel Coronavirus Plan; sensitisation; training in infection control and implementation of a public awareness campaign. Acquisition of equipment and stock;

retrofitting of facilities; amendments to procedures and sanitisation were also listed as areas of priority.



Members of the Disaster Management Steering Committee

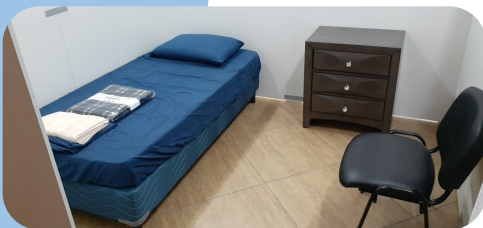
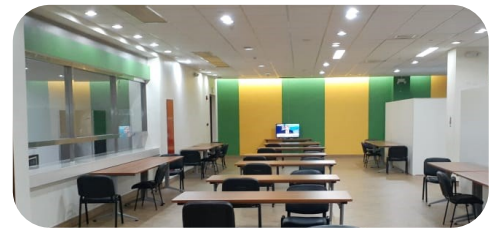
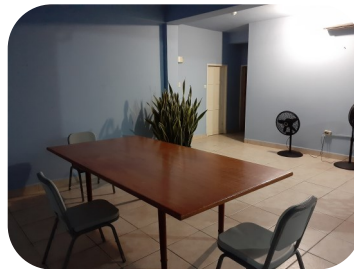
ERHA Commissions COVID-19 Facilities

In the national response to COVID-19, staff at the ERHA were called upon to administer healthcare at Quarantine and Stepdown Facilities commissioned and managed by the Authority on the request of the Ministry of Health.

On March 18, 2020, the quiet village of Balandra was awoken with the arrival of 68 nationals who returned from a cruise. They were transported to the first Quarantine Facility which was managed by our team of volunteer staff. As more persons were confirmed

positive, the ERHA assigned another dedicated team on April 13, 2020 to provide 24-7 care for 33 persons at the Brooklyn Stepdown Facility. Eight days later, on April 21, 2020, the Tacarigua Quarantine Facility located at the National Racquet Centre in Tacarigua accommodated 33 nationals who returned from Barbados.

To date, all patients housed in these facilities were discharged.



Photos of Quarantine and Stepdown Facilities

COVID-19

Protect yourself
and loved ones

Help prevent the spread of respiratory diseases like COVID-19

Sensitising Our Stakeholders

A lack of information creates an environment for uncertainty and fear to develop. The ERHA implemented a multipronged approach to continue our education drive on COVID-19 and to sensitise our stakeholders.

Prior to the commissioning of facilities, residents in the selected areas that is, Balandra, Brooklyn and Tacarigua were sensitized by clinical staff and/or Public Health Inspectors. These officers went out into the field to meet residents and to address their concerns. Public service announcements were also made in these areas. In Brooklyn, a few residents displayed their displeasure with the decision and mounted a protest. However, they soon realized that their health and safety was not being compromised and all the necessary precautions were in place.

Information packages were also disseminated to banks and businesses within the eastern region as well as to the Chronic Disease Support Groups and the Wellness Centre Groups.

On a national level, Dr. Allana Best, County Medical Officer of Health, St. Andrew/St. David, addressed members of the public on two live media conferences, hosted by the Ministry of Labour and the Ministry of Health on March 15, 2020 and April 14, 2020 respectively.

In the Ministry of Health's media briefing, Dr. Best explained how stepdown facilities can assist in preparing COVID-19 patients for reintegration to

society. Dr. Best stated, "The stepdown facilities allow us to continue to provide supportive care for COVID positive patients during their recovery phase of this illness."

Recognising the need for clients to stay healthy while at home, Dr. Candace Simpson-Smith, Nutritionist, connected with clients via the ERHA's YouTube and Facebook pages. In a two-part series entitled, "Healthy Eating and Nutritional Tips" Dr. Simpson-Smith gave guidelines on:

- Boosting the immune system by utilizing vitamin C, D3, zinc and magnesium.
- The importance of consuming a diet rich in macro nutrients while limiting consumption of sugary and starchy foods.

The ERHA also launched its COVID-19 Hotline (877-ERHA) on May 4, 2020. The hotline is managed by doctors who are trained to respond to questions relating to the COVID-19 virus.



Dr. Allana Best, County Medical Officer of Health, St. Andrew/St. David



Dr. Candace Simpson-Smith, Nutritionist

Nurse Harper Conducts Training Sessions on COVID-19

According to the World Health Organization, "Infection, Prevention and Control" (IPC) is a scientific approach and practical solution designed to prevent harm caused by infection to patients and health workers. IPC is grounded in infectious diseases, epidemiology, social science and health system strengthening. IPC occupies a unique position in the field of patient safety and quality universal health coverage since it is relevant to health workers and patients at every single healthcare encounter.

In preparation for COVID-19, healthcare workers in the ERHA were trained by

Ms. Lima Harper, Infection Control Nurse to expand their knowledge on infection control prior to commencing work on the frontline, including stepdown and quarantine facilities.

Most importantly, staff were trained to don and doff PPE; mixing of chemicals; how to generate/handle waste; hand hygiene; how to sanitize instruments; frequent touched areas; decontamination process and proper swabbing techniques. This IPC training conducted by Nurse Harper assisted in controlling the spread of infectious diseases, such as COVID-19.



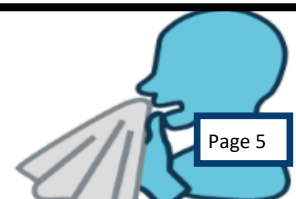
Ms. Lima Harper, Infection Control Nurse with participants at training



Team members at the stepdown facility practice the donning of PPE with Ms. Lima Harper, ICN

+ COVER A COUGH OR SNEEZE

Cover your cough or sneeze with your sleeve, or tissue. Dispose of tissue and wash your hands afterward.



On the Ground

As Trinidad and Tobago established its parallel healthcare system to receive clients, staff in the Eastern Regional Health Authority were on the ground preparing Quarantine Facilities and Stepdown

Facilities to accommodate nationals and to put other support mechanisms in place.



Mr. Julius Ramdeen,
Handyman, busy at
work



Members of staff assist in offloading
supplies



Mr. Amir Mohammed, Driver
assigned to quarantine and
stepdown facility smiles for a photo



Mr. Franklyn Baptiste, Facility
Coordinator, does welding work



EMT assigned to parallel care facility
with ambulance



Cleaning crew poses for a photo

Managing Critical Supplies

A lack of Personal Protective Equipment (PPE) puts both staff and clients at risk of contracting infections. In the clinical field, some persons describe it as, **"Being at War with no Ammo"**.

The ERHA responded to the directive from the Ministry of Health to ensure that PPE was available for staff at all levels during COVID-19. A comprehensive system was implemented under the Office of the Chief Executive Officer and a team comprising Infection Prevention Control; Occupational Safety and Health, Finance Department and Nursing was appointed to acquire, store and distribute PPE. Members of the team also sensitized staff on the proper use and

provided information on the types of PPE to be used by the different categories of employees.



Mr. Dillon Suepaul, Clerk I at the
supplies station



Member of staff pose for a photo in
PPE

+ WASH YOUR HANDS

Wash your hands with soap and warm
water regularly.



Social Responsibility Messages



Mr. Asif Ali, Permanent Secretary, Mr. Ronald Tsoi-a-Fatt, CEO and Dr. Roshan Parasram, Chief Medical Officer encourage persons to flatten the curve for #COVID19 by staying home and staying safe.



Ms. Astra Bennett, Wellness Coordinator, urges persons to stay at home and stay safe



Ms. Yolande Benjamin, General Manager Finance, says thank you to staff and urges the public to stay safe



Dr. Damion Basdeo, House Officer, gives tips on how to protect yourself from COVID-19



Mr. Justin Montrose, Driver, encourages persons to stay safe and stay home



Staff of the Sangre Grande Enhanced Health Centre ask persons to stay safe and stay at home

Corporate Support for COVID-19

The ERHA received tremendous acts of kindness from several corporate citizens for the work being done in response to the COVID-19 pandemic. Healthcare workers on the frontline were showered with tributes

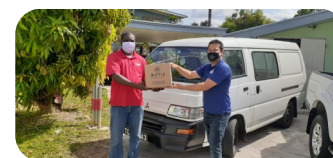
and tokens of appreciation. The ERHA thanks our corporate partners as we continue to work together to overcome these unprecedented times.

List of Sponsors:

- Amalgamated Security Ltd.
- Ansa Mc Al Group of Companies
- A.S. Brydon & Sons
- BHP Trinidad & Tobago
- BP TRINIDAD AND TOBAGO
- HADCO Ltd
- Micon
- National Petroleum
- Office of the Member of Parliament for Toco/Sangre Grande
- Prestige Holdings Ltd. (KFC), (Subway)
- Tobiki Fashion
- Trinidad and Tobago Red Cross Society
- Ultimate Events



BHP presents supplies to Ms. Michelle Ramnarine, Manager-Quality and Ms. Alana Lewis, Disaster Preparedness Coordinator



Blue Waters supplies water

STAY HOME

If you experience respiratory symptoms like a cough or fever, stay home.



COVID-19 Free and Quarantined

Five employees of the Eastern Regional Health Authority volunteered to be quarantined with the sixty-eight (68) nationals who returned to Trinidad and Tobago from the Costa Farvolosa Cruise on March 18, 2020.

This occurred during a time when there was great hesitation and resistance among healthcare professionals to undertake this role, and is linked directly to the rising global death rate and the fact that there is no treatment that has scientifically been proven effective, nor is there a vaccine for this novel virus.

Amidst all fears, Registered Nurses Cherry Ann Khan and Annabelle Jagai; Doretta Quamina, Enrolled Nursing Assistant, Cleaner, Dinnique Pran, and Handyman, Codelle Greenway, stepped forward to administer care in the first commissioned COVID-19 quarantine facility.

When asked why they volunteered, Nurse Khan and Doretta indicated that they both love what they do and immediately said yes as they saw it as an opportunity to serve the Authority in a time of need. Codelle also shared this view and saw it as an opportunity to provide help to this country. While Nurse Jagai stated that she agreed to go first on assignment for the period which was not specified so that her colleagues would have time to make arrangements for their families. Dinnique was just happy to work.

They all agreed that it was a very challenging experience that was filled with a combination of emotions. Dinnique and Doretta indicated that they learnt to appreciate and value life and their loved ones more. Nurse Khan could not cope looking at her parents as they cried while her family gathered to see her off. Annabelle had to develop coping skills along the journey and for Codelle it was a bitter sweet moment that taught him a lot about health and safety.

Looking back at the experience, Nurse Khan indicated that the first week was extremely difficult, especially day one when the Personal Protective Equipment (PPE) was donned for over nine hours to get the clients checked and settled in their rooms. Most of the residents were frustrated to have to be quarantined for fourteen days and were reluctant to comply with the rules of the facility. However, as they realized that the staff were making personal sacrifices to deliver

healthcare outside of the traditional health facility they became more receptive. The staff also applied a human touch to their skills and experience and was able to gain the trust of the residents as they bonded. The anxiety and the fears eased and they began to share their concerns.

The most difficult moment the team had to endure was on the third night when they received forty positive results from the clients tests. Delivering the news was heartbreaking. It was also difficult to see them leave for another facility as it was not certain that they would recover. Sadly, two of them died. This new reality, did not change the standard of care provided to the residents but actually deepened the bond and commitment. The staff indicated that they were not scared about testing positive as they knew that they had taken all the necessary precautions and also relied on the training and the systems that were in place. However, it was difficult to wait for the facility to be sanitised before reentering and then the quarantine period would start over from day one. The staff had four day 'ones' before their assignment period ended sixteen days later to be then quarantined offsite for an additional fourteen days.

When asked if they would do it again? They all said yes, they had no reservations. Doretta advised staff to **"embrace the opportunity without fear or malice, treat the clients just like how you would like to be treated. Show them love, respect, compassion and empathy".** Demonstrating that **Caring is the Key.**



First team who served at the quarantine and stepdown facilities.

From left: Ms. Cherry Ann Khan, Registered Nurse, Doretta Quamina, ENA, Mr. Codelle Greenway, Handyman, Ms. Annabelle Jagai, Registered Nurse (back) and Ms. Dinnique Pran, Cleaner

+ DON'T TOUCH

Avoid touching eyes, nose or mouth, especially with unwashed hands.



A Big Thank You!

Thank you to all of our staff who served in the Quarantine and Stepdown Facilities, managed by the Eastern Regional Health Authority. You assisted in providing quality care to 205 clients.

List of operational staff assigned to the Quarantine and Stepdown Facilities:

- *Cherry Ann Khan, Registered Nurse*
- *Anabelle Jagai, Registered Nurse*
- *Doretta Quamina, Enrolled Nursing Assistant*
- *Dinique Pran, Cleaner*
- *Corelle Greenaway, Groundsman*
- *Kayrene Roberts, Acting District Nurse*
- *Faytonia Rahim, Registered Nurse*
- *Nishi Heeraman-Ali, Enrolled Nursing Assistant*
- *Ayana Lewis, Wardsmaid*
- *Anthonyo Gordon, Groundsman*
- *Cabrini Foncette, Registered Nurse*
- *Ana Nancoo, Enrolled Nurse Assistant*
- *Mahalia Lucas, Wardsmaid*
- *Arnold Singh, Handyman*
- *Nalini Maharaj, Registered Nurse*
- *Sarah Mohammed Persad, Registered Nurse*
- *Ranjiv Rambaran, Emergency Medical Technician*
- *Darren Maharaj, Emergency Medical Technician*
- *Kalisha Paris, Registered Nurse*
- *Sharon Gopie-Lakhan, Wardsmaid*
- *Darion Ramdenny, Handyman*
- *Catherine Dookie, Registered Nurse*
- *Anslem Gerad, Registered Nurse*
- *Eastlyn Ann James, Wardsmaid*
- *Imran Rahaman, Enrolled Nursing Assistant*
- *Dana Solomon, Wardsmaid*
- *Victor Trim, Groundsman*
- *Chevon Gray, Wardsmaid*
- *Ronnel Francis, Groundsman*
- *Neela Jagroop, Registered Nurse*
- *Savitri Singh, Wardsmaid*
- *Antonio Nicholson, Groundsman*
- *Reza Mohammed, Registered Nurse*
- *Julio Castillo, Emergency Medical Technician*



KEEP YOUR DISTANCE

Avoid close contact with people who are sick.





Government of the Republic of Trinidad and Tobago

Ministry of Health

Thank You

to our Healthcare Heroes

We applaud you, our healthcare workers, for your amazing response to the COVID-19 challenge. We know that we still have a long way to go, but we thank you for your dedication and all your hard work, thus far!

We know that every day you come to work you are making a sacrifice for the benefit of all. Your selflessness has become a beacon of hope for the rest of our nation, giving us the assurance we need that we can emerge triumphant at the end of this trying period.

The Trinidad and Tobago Defence Force and Protective Services, Public Sector Organisations, Civil Society and generous members of the Private Sector are all rallying together with one goal in mind....
safeguarding the health of our population.

Together we can and we will beat COVID-19.



www.health.gov.tt



Ministry of Health-Trinidad and Tobago



TrinidadHealth



MoH_TT



minhealth

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Thanks

Through the Eyes of a Quarantine Patient

"A great big thank you to those in Authority for the stands taken during COVID-19. Everyone who is playing a part in this, the Drivers bringing the medications and lunches, people at the centre making sure that everything is okay and people get what is sent for them. The Nurses here are awesome, they are rallying with us ensuring that everybody is okay, offering words of encouragement and we just need to do what we need to do. Thank you to everyone, heartfelt thanks to everyone..."

Through the Eyes of a Relative

"Sincerest thanks to the ERHA's team in this time of crisis. Our deepest appreciation goes out to the many who worked around the clock to ensure that the clients are provided with the best health care possible. As a family member of one the quarantined clients, I can also speak personally of the wonderful reactions I have had with the staff at the Conference Centre. You are one of the few points of contact we have with our families and we appreciate your generous assistance....."

ERHA Joins the National Applause Initiative

Throughout the Eastern Region, members of staff joined the National Applause Initiative on April 9, 2020 to thank persons who work on the frontlines in the battle against the spread of COVID-19 in Trinidad and Tobago.

Officers from the Sangre Grande branch of the Trinidad and Tobago Fire Services Saluted staff at the Sangre Grande Hospital and the Sangre Grande Enhanced Health Centre. Dr. Badrid at the Sangre Grande Hosital and Nurse Jaimungal stepped forward to take the salute. Staff of the Rio Claro Health Centre were also saluted by members of the Mayaro/Rio Claro

Regional Corporation, led by their Chairman, Mr. Raymond Cozier.



Officers of the Sangre Grande Fire Station salute staff of the Sangre Grande Hospital



Salute at the Sangre Grande Enhanced Health Centre



Mr. Raymond Cozier, Chairman of the Mayaro Rio Claro Corporation and employees of the corporation salute staff of the Rio Claro Health Centre

+ GET HELP

If you experience symptoms of COVID-19 (cough, fever, shortness of breath), call your health care provider or local health department before seeking care.



Healthy Eating During COVID-19

Eating well is a fundamental to good health and well being. During quarantine periods, residents and staff were provided with balanced healthy meals to ensure

that they had ample vitamins, proteins, minerals, carbohydrates, fibres and fats in their diets.



COVID-19

Protect yourself
and loved ones

Help prevent the spread of respiratory diseases like COVID

Celebrating Milestones During COVID-19

Rather than letting the pandemic dampen their spirits and cloud their memories of their birthday, six residents celebrated their milestones at their respective quarantine facility.

Observing the health and safety guidelines the birthday celebrants cut their cake and were showered with greetings.



Birthday celebrations



Birthday gift



Birthday cake for client



Birthday present to client

Making the Work Environment Safer

All healthcare workers are classified as essential workers under the Public Health Ordinance Regulations Ch. 12 No. 4, Section 105.

In this regard, during the implementation of the **'Stay at Home Order'**, employees of the Eastern Regional Health Authority had a duty to continue providing quality care. In this new work environment changes were implemented to ensure the safety and wellbeing of staff. These include, among others a work rotation system, hand sanitizing/hand washing, physical distancing, increase in air circulation in

offices, temperature scanning, wearing of face masks and set-up of screening areas.



The Honourable Terrence Deyalsingh, Minister of Health sanitizes his hands at the screening station at the Sangre Grande Enhanced Health Centre

Is it Safe to Visit Health Facilities?

The safety and health of the employees and clients of the Eastern Regional Health Authority are of paramount importance. With this in mind, all health facilities within the ERHA were transformed to increase personal space, hygiene guidelines were adopted and protocols for suspected COVID-19 cases were implemented.

At the Sangre Grande Hospital and at health facilities designated areas were set up to screen suspected clients with separate entry and exit points. Social distancing, hand hygiene, public awareness campaign

and increased sanitising were implemented throughout the ERHA.



Isolation Area at Sangre Grande Hospital



Entrance to Isolation Area at Mayaro District Health Facility

COVID-19

Protect yourself
and loved ones

Social Stigma Associated with COVID-19

WHAT IS SOCIAL STIGMA?

Social stigma in the context of health is the negative association between a person or group of people who share certain characteristics and a specific disease. In an outbreak, this may mean people are labelled, stereotyped, discriminated against, treated separately, and/or experience loss of status because of a perceived link with a disease.

Such treatment can negatively affect those with the disease, as well as their caregivers, family, friends and communities. People who don't have the disease but share other characteristics with this group may also suffer from stigma.

The current COVID-19 outbreak has provoked social stigma and discriminatory behaviours against people of certain ethnic backgrounds as well as anyone perceived to have been in contact with the virus.

DOS and DON'TS



Some dos and don'ts on language when talking about the new coronavirus disease (COVID-19):

DO - talk about the new coronavirus disease (COVID-19)

Don't - attach locations or ethnicity to the disease, this is not a "Wuhan Virus", "Chinese Virus" or "Asian Virus".

The official name for the disease was deliberately chosen to avoid stigmatisation - the "co" stands for Corona, "vi" for virus and "d" for disease, 19 is because the disease emerged in 2019.

DO - talk about "people who have COVID-19", "people who are being treated for COVID-19", "people who are recovering from COVID-19" or "people who died after contracting COVID-19"

Don't - refer to people with the disease as "COVID-19 cases" or "victims"

DO - talk about "people who may have COVID-19" or "people who are presumptive for COVID-19"

Don't - talk about "COVID-19 suspects" or "suspected cases".

DO - talk about people "acquiring" or "contracting" COVID-19

Don't - talk about people "transmitting COVID-19" "infecting others" or "spreading the virus" as it implies intentional transmission and assigns blame.

Using criminalising or dehumanising terminology creates the impression that those with the disease have somehow done something wrong or are less human than the rest of us, feeding stigma, undermining empathy, and potentially fueling wider reluctance to seek treatment or attend screening, testing and quarantine.

DO - speak accurately about the risk from COVID-19, based on scientific data and latest official health advice.

Don't - repeat or share unconfirmed rumours, and avoid using hyperbolic language designed to generate fear like "plague", "apocalypse" etc.

DO - talk positively and emphasise the effectiveness of prevention and treatment measures. For most people this is a disease they can overcome. There are simple steps we can all take to keep ourselves, our loved ones and the most vulnerable safe.

Don't - emphasise or dwell on the negative, or messages of threat. We need to work together to help keep those who are most vulnerable safe.

DO - emphasise the effectiveness of adopting protective measures to prevent acquiring the COVID-19, as well as early screening, testing and treatment.

Do Your Part and Act Responsibly!



COVID - 19 (Coronavirus) HOTLINE



**Do you have
a QUESTION
or CONCERN?**



**877-ERHA
(3742)**

TOLL FREE

Caring is the  *Key*

Photos of Staff



COVID-19

Protect yourself
and loved ones



APRIL/MAY 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