



The Eastern *Vibes*

Monthly Newsletter 2020

June 2020, Issue #71

Adapting to the “New Normal”



Mr. Nkosi Charles, member of staff, adheres to New Normal guidelines

Wear a face mask, wash or sanitise your hands as you enter the work place and check your temperature. These are some of the basic hygiene steps all staff must now follow as we adjust to the “New Normal” way of life.

In response to the pandemic, Trinidad and Tobago along with several countries worldwide

implemented new measures, including the “Stay at Home” order to protect the safety and health of nationals.

At the Eastern Regional Health Authority, safety measures have been rolled out for both staff and clients, in keeping with the New Normal guidelines outlined by the Ministry of Health.

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ERHA Ensures Staff are Safe

The ERHA has implemented measures for protecting its members of staff from exposure to infection with COVID-19.

The Authority has undertaken the following measures at all health facilities and administrative buildings to ensure that all members of staff are safe:

- Distribution of face masks to all staff.
- Installation of wall mounted IR thermometer.
- Installation of plexiglass in reception areas and work stations.
- Placement of hand sanitizers throughout buildings including at entrances.
- Display of signage related to COVID-19.
- Removal and spacing of furniture to ensure adequate social distancing.
- Cleaning of surfaces, door handles and chairs every two hours.

- Opening of entrance doors and windows (where possible) every two hours to facilitate air changes.
- Virtual meetings
- Display of maximum capacity notices

All members of staff are encouraged to put "Safety First" and adhere to the stated public health guidelines as we embrace the "New Normal".

Remember, we all have a key role to play to ensure that we are safe.



Installation of plexiglass at work stations



Technical Support for GIS Project

The ERHA has extended its ability to facilitate client-based interventions to promote healthier communities.

Through a strategic alliance, technical support was received from the United Nations High Commissioner for Refugees (UNHCR) to extend the licenses for our own Geographic Information System (GIS).

GIS is a framework for gathering, managing and analysing data to gain deeper insights such as patterns, relationships and situations to assist with planning and decision making. The GIS Software is used in our shut-ins mapping, community profiling exercise and will be useful

in other planned projects.

The ERHA acknowledges the support of the UNHCR with this important initiative.



COVID - 19 (Coronavirus)
HOTLINE



877-ERHA (3742)

TOLL FREE

Do you have a
QUESTION or CONCERN?

Additional Space for Chronic Disease Clinic

High risk Chronic Disease clients can now access quality health care at the newly transformed Sangre Grande Health Centre on Henderson Street, Sangre Grande.

Recognising the vulnerability of this group during the Covid-19 pandemic, the Eastern Regional Health Authority provided additional space to facilitate social distancing to conduct some of the clinic sessions. The facility is staffed with a Primary Care Physician II who is accompanied by a Registered Nurse, an Enrolled Nursing Assistant, a Patient Care Assistant and a Clerk.

The clinic was operationalized on 6th June, 2020 after the "Stay at Home" orders were lifted. Clients are seen by appointments which are confirmed

prior to the scheduled dates.

Clinic Schedule:

- Every Monday
- 2nd, 4th and 5th Tuesday
- 1st, 3rd, 4th and 5th Wednesday
- Every Thursday

The ERHA continues to provide quality and safe service to its clients, demonstrating that **"Caring is the Key"**.



Dr. Tisha Pierre, Primary Care Physician II attends to Ms. Kay Surujbally, client



Ms. Meera Oumadath-Rakhar, client, gets her temperature checked by Ms. Venesta Sankar, Patient Care Assistant, upon entering the SGHC

Health Advisory - Clean Your Surroundings

Protect yourself and your family by cleaning your surroundings and getting rid of mosquito breeding sites.

- Dispose of all unwanted containers/items in the yard or environs which may collect water and become mosquito breeding grounds.
- Cover water containing containers such as barrels, drums or buckets with a mosquito proof covering
- Ensure that your drains and guttering allow the free flow of water
- Empty and scrub the sides of water vases or use dirt or sand instead to support flowers.
- Cover extremities when out in the evening.
- Use bed nets that are tightly tucked under the mattress for protection at night.
- Use insect repellent.



A message from the Ministry of Health

ERHA Celebrates World Blood Donor Day 2020

Every drop of blood donated is a step toward saving another life.

Over 45 voluntary blood donors participated in a blood drive at the Sangre Grande Hospital (SGH) Blood Bank at the Eastern Regional Health Authority on 12th June, 2020.

The event was organised by Ms. Dionne Waterman, Registered Nurse and her team in observance of World Blood Donor Day, which is celebrated annually on 14th June and serves to thank individuals who donate blood and encourage more people to start donating. This

year's theme "***Safe Blood Saves Lives***" focuses on raising wider awareness of the urgent need to increase the availability of safe blood for use wherever and whenever it is needed to save lives.

The staff sensitised over 80 visitors about the need for blood donations and provided them with motivation and advice.

The ERHA thanks all donors for their life-saving gifts and encourages you to visit the SGH Blood Bank today and become a voluntary blood donor.

For more information, feel free to contact the Blood Bank at 226-9779/9780.



Enrolled Nursing Assistant Valarie Diaz attends to Mr. Shivam Harrypersad



Shenyce Serrette and other volunteers donate blood for World Blood Donor Day 2020



Mr. Adesh Rambharack, Motor Vehicle Driver, proudly displays blood bag with Ms. Janelle Walters, Registered Nurse



Mr. Harrison Motilal is presented with a token of appreciation by Ms. Ramona Lal, Registered Nurse after voluntarily donating blood

Frequently Asked Questions - Giving Blood

Q. Do I have enough blood in my body to donate?

A. Yes (if you are in good health). The body contains 10 to 12 pints of blood.

Q. How long does my body take to produce more blood?

A. The fluid is replaced within a few hours and the red cells are replaced within a few weeks.

Q. How often can I give blood?

A. Men: every 3 – 4 months. Women: every 4 months.

Q. Can I catch HIV or other infections from giving blood?

A. NO. Each donor gets a brand new, germ-free collection kit that is only used once.

Q. Why are there so many blood shortages in Trinidad and Tobago?

A. In most developed countries, many healthy people give blood for the good of others in general. In Trinidad and Tobago, too often, we only give blood when someone close to us needs blood. Nobody plans accidents or serious illness in advance, so shortages occur.

Q. How can we be sure that we, or those close to us, would get enough blood in the event of an accident or emergency?

A. If many people give blood when they can, for the good of their fellow citizens, we would have a reliable blood supply and we could all feel confident about getting blood in an emergency.



National Nutrition Awareness Week

With the influx of COVID-19, the demand for healthy eating and lifestyle changes has become more vivid our minds. Persons are focusing on the importance of making informed food choices and are eager to develop sound eating and physical activity habits in order to strengthen their immune system which is one of the best defenses to fight diseases and prolong life.

This year, National Nutrition Awareness Week which is held annually in June, focuses on the role of nutrition at all ages and its importance in prevention and management of diseases to preserve good health and wellbeing.

The theme, "***Eat Smart, Stay Healthy***" emphasises the importance of good diet during these times and urges persons to be more conscious about the state of their health.

Eat a variety of locally grown foods

Having your own home garden is a great way to start eating a variety of locally grown foods. Home gardens allow you to save on grocery bills and encourage physical activity. Also, buying food from a farmer's market allows you access to fresh, locally-grown foods.

Prepare home-cooked meals

There are many advantages to home-cooked meals, including being more nutritious and affordable. Make a grocery list and plan ahead for the entire week. To ensure food is safe when bulk cooking, do not cool food in large containers and leave at room temperature as this will encourage bacterial growth. Instead, sort in smaller containers and refrigerate immediately. Leftovers should not stay longer than 3 to 4 days in the refrigerator. Some vegetable produce can be blanched and frozen, helping to reduce waste and spoilage. Other foods such as soups, casseroles, and breads freeze well and retain good quality and freshness when reheated.

Eat less processed foods

Processed foods or manufactured foods have varying levels of processing. Canned fish, fruits, and vegetables are minimally processed, whereas, frozen ready meals, snack foods and processed meat products are highly processed. The more processed the food item, the higher it is in saturated fat, salt, and sugar. Foods such as these are also lower in fiber, vitamins, and minerals.

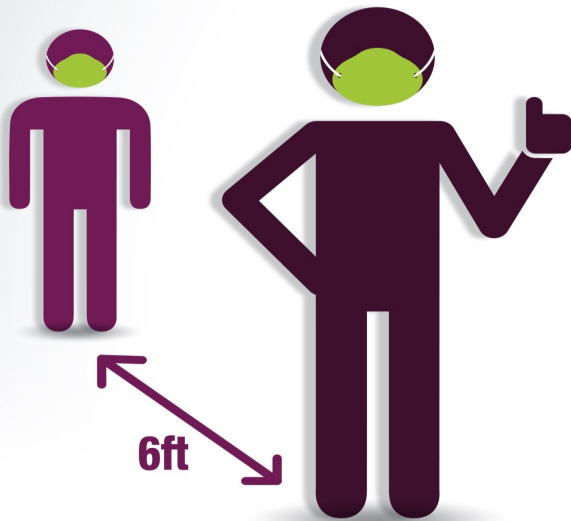
Stay physically active

Physical activity has many benefits which include reducing your risk for stroke, diabetes, hypertension and cancer and improving your mood and well-being. Physical activity also helps with maintaining a healthy weight. Make physical activity part of your day, every day!





Government of the Republic of Trinidad and Tobago
Ministry of Health



THE NEW NORMAL

- Wear a mask when you go out in public
- Keep your distance from others (6 feet)
- Stay home if you are ill
- Wash your hands often with soap and water or use an alcohol-based hand sanitizer
- Cough into a tissue or into the crook of your elbow
- Avoid touching your face
- Clean then sanitize surfaces (e.g. table tops, door knobs and cell phones)

#TTBEATCOVID19

2020 Wet Season / Hurricane Season

Preparedness Tips



The wet season, or rainy season, is an annual period where there is an increase in rainfall due to the presence of rain bearing systems such as Inter Tropical Convergence Zones (ITCZ) and Tropical Waves. The official start of the 2020 wet season was declared on May 30th by the TT Meteorological Service and typically runs through December and parts of January.

The Atlantic hurricane season runs from June 1st to November 30th. The National Oceanic and Atmospheric Administration (NOAA) has forecasted an above-normal 2020 Atlantic hurricane season with a likely range of 13 to 19 named storms, of which 6 to 10 could become hurricanes, including 3 to 6 major hurricanes. An average hurricane season produces 12 named storms, of which 6 become hurricanes, including 3 major hurricanes.



Actions To Take This Wet & Hurricane Season

- ✓ **Prepare or Revise Family Emergency Plans:** This looks at your risk level and identifies possible hazards such as waterways and over hanging trees. Each household should have a Family Emergency Plan that identifies actions that are to be taken such as keeping a list of emergency contacts or evacuating to an agreed location.
- ✓ **Secure Your House and Yard:** Trim trees and shrubs to minimize the risk of damage from flying branches and debris. Clear loose and clogged rain gutters. Clear drains around your property to allow water to flow freely. Prepare sandbags that can prevent water entering your home. Also, secure your roof with straps to minimize damage.
- ✓ **Ensure Your Emergency Supplies are Well Stocked:** Purchase extra food and store clean water. Keep a supply of essential medicine available. Other areas to look at include items for lighting, sanitation, personal hygiene, communication such as radios, and clothing.
- ✓ **Assemble a "Grab and Go" Bag:** This helps you and your family stay safe if you have to evacuate at short notice. Your kit should contain enough supplies to keep you and your family safe and comfortable for at least 72 hours or ideally 2 weeks. The items can be kept in a backpack or duffle bag, in an accessible location that the family knows. Also in light of Covid-19 adequate hand sanitizer, cleaning wipes and masks should be stocked.
- ✓ **Collect and Protect Important Documents:** The list of documents and records you should secure is long, but it is invaluable after an emergency or disaster. Persons may choose to safeguard all of their critical documents or to start off with the most essential. Some vital documents include: National ID Card, Driver's license, Birth certificates, Property Records etc. These documents should be copied and stored securely in the "Grab and Go" Bags.



Emergency Contact Numbers

Fire Services - 990
Forestry Division – 225-3868 / 225-3720 / 225-3740 / 643-9595 / 225-3761
ODPM – 511 / 640-1285

Follow the TTMS For Updates



Hand Hygiene

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

virus

seconds

sanitizer

germs

bacteria

thirty

clean

spread

infection

water

hands

contagious

soiled

soap





JUNE 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