



The Eastern *Vibes*

Monthly Newsletter 2020

October 2020, Issue #75



Don't risk getting seriously ill, get your flu vaccine today!

Protect yourself and your family.

The New 2021 influenza (flu) vaccine is now available to all members of staff and public at ERHA health facilities.

See pages 2 and 3 for flu shot schedule.

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Schedule for Influenza Vaccination at STAD Facilities

FACILITY	DAYS & TIMES
Matelot Outreach Centre	Mondays - 10:00 a.m. - 12:00 noon Wednesdays - 10:00 a.m. - 12:00 noon
San Souci Outreach Centre	Wednesdays - 9:00 a.m. - 12:00 noon Fridays - 10:00 a.m. - 12:00 noon
Toco Health Centre	Tuesdays - 10:00 a.m. - 12:00 noon Fridays - 9:00 a.m. - 12:00 noon
Cumana Outreach Centre	Mondays - 8:00 a.m. - 12:00 noon
Matura Outreach Centre	Monday - Friday - 8:00 a.m. - 3:00 p.m.
Grande Riviere Outreach Centre	Monday - Friday - 8:00 a.m. - 12:00 noon
Sangre Grande Enhanced Health Centre	Monday - Friday - 8:00 a.m. - 2:00 p.m.
Sangre Grande Health Centre	Monday - Friday - 8:00 a.m. - 2:00 p.m.
Manzanilla Outreach Centre	Monday - 1:00 p.m. - 3:00 p.m. Tuesdays - 9:00 a.m. - 12:00 noon (ANC.) 1:00 p.m. - 3:00 p.m. (Public) Thursdays - 9:00 a.m. - 12:00 noon
Valencia Outreach Centre	Tuesdays - 9:00 a.m. - 12:00 noon (ANC.) Thursdays 9:00 a.m. - 2:00 p.m. (Public)
Coryal Outreach Centre	Mondays - 1:00 a.m. - 3:00 p.m. Wednesdays - 9:00 a.m. - 12:00 noon
Cumuto Outreach centre	Monday - Friday - 8:00 a.m. - 2:00 p.m.

**All COVID health protocols will be followed*

Schedule for Influenza Vaccination at NAMA Facilities

FACILITY	DAYS & TIMES
Mayaro District Health Facility	Wednesdays - 1:00 p.m. - 4:00 p.m. <i>'Walk In' Clients will be facilitated on other days except on Thursdays</i>
Rio Claro Health Centre	Tuesdays - 9:00 a.m. - 1:00 p.m. Thursdays - 9:00a.m. - 1:00 p.m. Fridays - 9:00 a.m. - 1:00 p.m.
Biche Outreach Centre	Fridays - 8:00 a.m. - 2:00 p.m. <i>'Walk In' Clients will be facilitated on other days.</i>
Brothers Road Outreach Centre	Mondays - 8:00 a.m. - 3:00 p.m. Tuesdays - 8:00 a.m. - 3:00 p.m. <i>'Walk In' Clients will be facilitated on other days.</i>
Guayaguayare Outreach Centre	Tuesdays - 8:00 a.m. - 4:00 p.m. Thursdays - 12:00 noon - 4:00 p.m.

Who should get the new flu vaccine?

The flu vaccine is available for everyone. However, persons who are at highest risk of getting very ill from the flu are especially encouraged to get the new flu vaccine. Persons in the high-risk group include:

- ♦ Children aged 6 months to 5 years.
- ♦ Adults 60 years of age and over
- ♦ Pregnant women
- ♦ Persons suffering from non-communicable diseases (e.g. diabetes, hypertension, heart disease)
- ♦ Persons with compromised immune systems (e.g. persons with lupus, cancer patients)
- ♦ Persons with chronic respiratory illnesses (e.g. asthma, Chronic Obstructive Pulmonary Disease)
- ♦ Members of the National Security Forces and Customs and Immigration Division
- ♦ Healthcare workers

****All COVID health protocols will be followed***

Solidified in Song

Members of staff of the ERHA came together and blended their melodious voices to create the ERHA Theme Song which embodies **"Who We Are"**. The Theme Song will be used at official events to reinforce our purpose.

ERHA THEME SONG

Chorus

***We are the ERHA
Care and compassion are my vows to you
The Eastern Regional Health Authority
ERHA crew***

Verse 1

***Its been over 20 years we have been serving
ERHA cares
Professional and constantly improving
ERHA cares
People-centered health providers
With a smiling face
A comprehensive range of service
In our community space***

Chorus

***We are the ERHA
Care and compassion are my vows to you
The Eastern Regional Health Authority
ERHA crew***

Verse 2

***From Matelot to Valencia, Sangre Grande and
Toco
ERHA cares
Guayaguayare, Rio Claro, Biche and Mayaro
ERHA cares
Wellness is our business
Caring is the key
I am proud to be of service
With my ERHA family***

Chorus

***We are the ERHA
Care and compassion are my vows to you
The Eastern Regional Health Authority
ERHA crew***



Solidified in Song

THANK YOU TO THE ERHA VOCALISTS

*Radha Renuka Mahabir,
Pharmacist I*



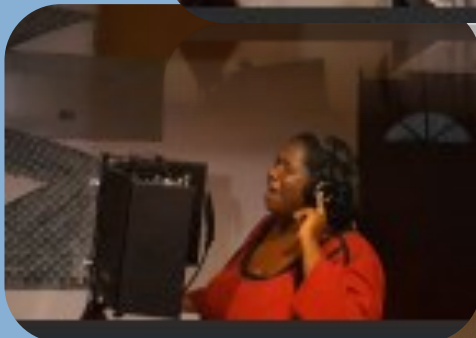
*Jeremy Meade, Deskside
Support Technician*



*Natasha Bellamy,
Food Demonstrator*



*Sharon Fraser,
Audio Visual Technician*



*Debra Williams,
Dental Assistant*



*Athia Adams,
Junior
Administrative
Assistant*



*Penny Ramlagan,
District Health Visitor*



*Shelach Joel-Roberts,
Radiographer I*



*Maxine Greaves,
Registered Nurse*



Employee Assistance Programme (EAP) Services

What is the EAP?

The EAP seeks to address personal issues that can directly affect the performance of employees' function in their jobs.

How do I access EAP?

Send an email with your contact number to erha.eap@erha.co.tt or call 226-9020.



Is it confidential?

Yes!

Do I have to pay?

No!

Who can access EAP?

Any employee and their dependents.



What services are available?

Clinical and Child Psychology;
Financial Counselling and Planning;
Marital and Family Therapy;
Team building/team exercises.

Contact Information for Provider:

- * 24-hour Hotline: 344-HELP (4357)
- * Counsellor: 314-TALK (8255)
- * Office: 235-5327
- * Email address: info@peapsl.com

For further information, feel free to contact your nearest Human Resources Department



Breast Cancer

AWARENESS MONTH

October

Early diagnosis of breast cancer generally increases the chances for successful treatment.

Early diagnosis improves cancer outcomes by providing care at the earliest possible stage and is therefore an important public health strategy in all settings.

Source: World Health Organization

Early Detection is the Key to Prevention

- Do not ignore any lump or node in your breasts
- Self examine your breasts regularly
- If you are above 40, get your mammogram done
- Avoid smoking and excessive alcohol
- Maintain a healthy weight and exercise regularly.



Do It Yourself - At Home Breast Exam

1



With your arms relaxed by your side, look for changes in shape and color or if the nipple has changed direction.

2



Place your hands on your hips and press firmly. Bend forwards and backwards looking for any changes.

3



Standing and with one hand behind your head, explore your entire breast, starting with the armpit and finishing with the nipple.

4



With the tips of the fingers together, feel your breast up and downwards. Also in round movements, starting from the outer part and pull inward toward the nipple.

5



Lying with a cushion under your back, repeat all previous movements.

6



Place your thumb and forefinger on the tissue around the nipple and press. Look for any abnormal discharge.

Pharmacy Week 2020

Pharmacy Week is celebrated annually from October 18-24 and acknowledges the invaluable contributions that pharmacy professionals make to patient care in both primary and secondary healthcare institutions.

At the Eastern Regional Health Authority, pharmacy professionals are an integral part of the community they serve. They play an important role in healthcare and go beyond the traditional dispensing of medication. They fulfil an advisory role where they apply their knowledge and skill and become directly involved in the healing and education of clients.

This October, as the world celebrates Pharmacy Week, the ERHA acknowledges its pharmacy professionals and recognises the significant contributions Pharmacists, Pharmacy Assistants

and Attendants make to healthcare.

Thank you for ensuring that clients receive optimal outcomes from their medications.



*Thank you to Aayna Roberts,
Pharmacist II,
and to all our
Pharmacy professionals*

Protect Yourself and Your Family from Mosquito Borne Diseases

Zika

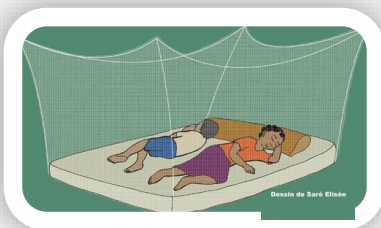


Chikungunya



Dengue

You can get mosquito borne diseases from the bite of an infected mosquito



PREVENT MOSQUITO BITES

Sleep under bed nets

PROTECT YOURSELF

Use insect repellent on your skin

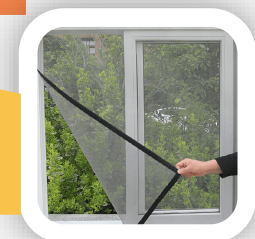


REDUCE BREEDING SITES

Cover water storage containers properly

KEEP MOSQUITOES OUT

Use screens on windows and doors



2020

INTERNATIONAL DAY FOR DISASTER RISK REDUCTION

#ItsAllAboutGovernance
#DRRday

Disaster Risk Reduction Day is celebrated annually on 13th October in an effort to promote a global culture of risk-awareness and disaster reduction.

The focus this year is on governance and on national and local multi-sectoral strategies for disaster risk reduction. This involves policies such as, land use, building codes, environmental protection and poverty reduction. Good disaster risk governance results in saved lives, reduced disasters as well as reduced economic losses.

For more information on disaster risk reduction, visit the United Nations' website at www.un.org.

Disaster Risk Reduction Competition

In observance of International Day for Disaster Risk Reduction, the ERHA's Disaster Preparedness Unit conducted an essay competition. Members of staff were invited to submit ideas on how persons can reduce disaster risk in Trinidad and Tobago.

The entries were reviewed by Ms. Alana Lewis, Disaster Preparedness Coordinator and Ms. Jewel Nicome, Trainee at the Corporate Communications Department was emerged as the winner.

Ms. Nicome suggested that the country's policies and legislation on disaster preparedness should be revised to reflect the current international standards and that short educational video clips should be created in an effort to inform the public of the importance of being disaster prepared. Ms. Nicome also recommended that community and

school campaigns be conducted to spread awareness on the importance of preparing for disasters before they occur.

A gift voucher valued at \$500.00 was awarded to Ms. Nicome and a \$300.00 voucher was presented to Ms. Jenny Peters who placed second.



Ms. Jewel Nicome, Trainee, receives her voucher

“Good News” Feature for October 2020

Good afternoon, today i went to the old sangre grande health center to get my H1N1 vaccine which I received within minutes of my arrival and wish through you to thank the excellent and professional service I received yet again and I wish my sentiments be forwarded to the nurses and staff members I arrived there around 1pm and within ten minutes I was leaving and also the pleasant Amalgamated security officer
Again as I always say keep up the good service, thanks again from a very satisfied customer

Client: Mr. Cliff Ramoutar
Date: 5th October, 2020

Message received via the ERHA's Facebook page (private message)

Tsunami Safety

WHAT IS A TSUNAMI?

A tsunami (also called seismic sea waves) is an ocean wave or series of waves caused by a sudden disturbance that displaces a large amount of water. It can be caused by an earthquake, submarine landslide, volcanic eruption, or meteorite impact on the ocean floor.

TSUNAMI FACTS

- The waves radiate outward away from their source and increase in height as it approaches the shore up to 30m (~100ft).
- Tsunamis move at speeds of 100 miles per hour in the open ocean.
- Tsunamis bring surges that can last for more than 8 hours, arriving every 10 to 60 minutes.
- Tsunamis flood more than 100m inland past the typical high water level.
-

TSUNAMIS IN THE CARIBBEAN

- In the past 500 years, there has been 10 confirmed earthquake-generated tsunamis that have impacted the Caribbean.
- In 1997, a participant at the Emergency Planning and Management Workshop, in Trinidad reported that a wave came ashore then recede on the south coast of Tobago, a few minutes after an earthquake.
- If an earthquake triggers a tsunami that may affect us, the Pacific Tsunami Warning Centre (PTWC) will send a warning to specific agencies such as the ODPM or Trinidad and Tobago Meteorological Service (TTMS).

TSUNAMI RESPONSE

If you are at the coast and you see the waves receding significantly, or you hear a loud roar:



Evacuate to higher ground - 10 feet (\approx 30m) uphill.



Move 3km (\approx 2miles) inland and stay there until further official notice.



If you are caught in a tsunami, use a floating object as a raft and grab on tightly.

Tsunami Safety

FACTS

Do all earthquakes lead to tsunamis?

No, not all earthquakes can generate a tsunami. The University of the West Indies Seismic Research Center outlines the following criteria for tsunamis:

The earthquake must:

- Occur beneath the ocean or cause material to slide in the ocean.
- Be at least magnitude 6.5.
- Rupture the earth's surface and occur at shallow depth – less than 70km
- Cause vertical movement of the sea floor (up to several metres).



How far can a tsunami travel?

A distant tsunami is called a Teletsunami. These are tsunamis originating more than 1000 km from the affected area.

A teletsunami has affected the Caribbean off the coast Lisbon, Portugal, 1755. The event took 7-8hours to reach the Caribbean.

EMERGENCY NUMBERS:

POLICE 999

FIRE SERVICE 990

GMRTT (Emergency Health Service) 811

ODPM EMERGENCY 511

FOR MORE INFORMATION:

Visit the ODPM, UWI Seismic Research Centre, TTMS or the Pacific Tsunami Warning Centre website.





OCTOBER 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

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

Website : www.erha.co.tt



ERHA Trinidad

