



# The Eastern *Vibes*

**Monthly Newsletter 2021**

**August 2021, Issue #85**

## **ERHA's COVID-19 Vaccination Caravan visits clients in rural communities**



***ERHA Team at Santa Cruz Road Matelot***

Santa Cruz Road in Matelot was the starting point for the ERHA's COVID-19 Vaccination Caravan on August 25th, 2021. The ERHA Team, led by Ronald Tsoi-a-Fatt, Chief Executive Officer, partnered with representatives from the area, including Mr. Roger Monroe, MP for Toco/Sangre Grande and Mr. Terry Rondon, Councillor for Valencia East/Toco to inform members of the community about the Johnson & Johnson, One Shot and Done.

The Caravan was conducted for five days and stopped at familiar points in villages along the coastline such as San Souci, Toco, Mayaro and Guayaguayare. The Caravan also moved to strategic points in Valencia and Sangre Grande to provide easy access.

Several persons came forward and interacted with the team to have their questions answered and to receive the COVID-19 vaccine.

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# Snapshot of ERHA's "One Shot and Done Caravan"





## Pfizer Vaccine Now Available To Children

Over 280 children, between the ages of 12-18 years received the Pfizer - BioNTech COVID-19 vaccine at Eastern Regional Health Authority managed sites on August 18, 2021.

Parents and Guardians who accompanied the children were briefed on the protocols

associated with the vaccine. The Pfizer vaccine is available at L'anse Noire Community Centre, the Northeastern Community Centre, Duranta Gardens, Sumairsingh Complex in Rio Claro and the Mayaro Civic Centre.

Please see our photo notebook below.



# ERHA Celebrates BreastFeeding Week



The Eastern Regional Health Authority joined the global community in observing World Breastfeeding Week (August 1-7). This year's theme "Protecting Breastfeeding, **A shared responsibility**" focused on how breastfeeding contributes to the survival, health and wellbeing of everyone.

The campaign's main objectives were to inform persons of the importance of protecting breastfeeding and to anchor breastfeeding support as a vital public health responsibility. Through our Baby-Friendly Hospital Initiative Coordinating Unit, the authority continues to engage with parents, care givers and the wider community to promote breastfeeding as we work together to foster a wellness culture.

Several activities were conducted to increase awareness among our internal and external stakeholders. These activities included Know Your Breastfeeding Policy Quiz, Testing Your Breastfeeding Knowledge, Digital Poster Competition Design, Breastfeeding Doll and Model Competition and a week of celebration.

## BreastFeeding Facts



- 1) Breastfeeding protects the baby from ear infections, diarrhea, pneumonia and other childhood diseases.  
**TRUE** ✓ **FALSE**
- 2) Exercise will affect the taste of your breast milk.  
**TRUE** ✓ **FALSE**
- 3) You shouldn't breastfeed if you're sick with a mild fever or viral.  
**TRUE** **FALSE** ✓
- 4) Breastfeeding lessens the chances of the mother getting diabetes, breast and ovarian cancer, heart diseases and postpartum depression.  
**TRUE** ✓ **FALSE**
- 5) Some mothers can't produce enough milk.  
**TRUE** ✓ **FALSE**
- 6) Breastfeeding helps you lose some body weight.  
**TRUE** ✓ **FALSE**
- 7) You can't take medication when you're breastfeeding.  
**TRUE** **FALSE** ✓
- 8) You should only eat plain food while breastfeeding.  
**TRUE** **FALSE** ✓
- 9) Breastfeeding contributes to mental and cognitive abilities of the baby.  
**TRUE** ✓ **FALSE**
- 10) You can't get pregnant if you're breastfeeding.  
**TRUE** **FALSE** ✓







# PROTECT YOURSELF AND OTHERS

## *GET VACCINATED*



**ERHA's Nursing professionals encourage you to join them in the fight against COVID-19, get vaccinated to protect yourself and those around you.**

**Visit our Facebook page and website for details on our vaccination programme.**



Erha Trinidad Tobago



[www.erha.co.tt](http://www.erha.co.tt)

*"Caring is the Key"*





## Vaccination Awareness Session with Xtra Food Employees

Dr. Stacey Trim, Medical Officer, St. Andrew/St. David, conducted a virtual COVID-19 awareness programme for employees of the Xtra Foods Supermarket based at the Arima and Sangre Grande branches.

35 persons participated in the session which was held on August 13, 2021. The presentation

focused on, what is COVID-19? Vaccines type and how they work. The common side effects and the benefits associated with vaccination were also highlighted.

## Developing Support Mechanisms for Breastfeeding

Grandparents and extended family members can play an important role in supporting breastfeeding. With this in mind the Health Education Department conducted a lecture series in observance of World BreastFeeding Week July 22, 2021 to August 26, 2021 to demonstrate their role.

The presentation highlighted the benefits of breastfeeding to both mother and infant; described hunger signs and encouraged protecting babies from infant formula and pacifiers as there are negative effects for both mother and baby.

Over 138 Chronic Disease clients received the information at their clinic sessions at the Sangre

Grande Enhanced Health Centre, Coryal, Valencia and Manzanilla Outreach Centres.

According to the African proverb, "It takes a village to raise a child." Let your loved one know you support their decision to breastfeed. Get the facts and encourage the seeking of additional help if needed by healthcare professionals, such as the Breastfeeding Counselors at the health centres.



## Winners of the Healthy Recipe Competition

HEALTH EDUCATION DEPARTMENT, ST. ANDREW/ST. DAVID

**Congratulations to the winners of the**

**Healthy Recipe Competition**

<b>1st place</b> Mr. Joseph Sheppard Dental Nurse, Dental Department, Valencia Health Centre Red Thai Curry Green Fig	<b>2nd place</b> Ms. Sumatee Soomai-Barran PMTCT/HIV Coordinator Green Fig Broiled Down	<b>3rd place</b> Ms. Onikka Raphael Junior Administrative Assistant Office of General Manager Nursing Green Fig Rice Wraps with Grilled Chicken Breast
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Red Thai Curry Green Fig by Joseph Samuel was judged the best recipe in the Healthy Recipe Competition which was conducted by the Health Education Department. Participants were asked to demonstrate their culinary skills using "green

figs". Other top recipes received were Green Fig Broiled Down and Green Fig Rice Wraps with Grilled Chicken Breast submitted by Sumatee Soomai-Barran and Onikka Raphael respectively.



## Independence Day Message from the Chief Executive Officer



### *Independence Day Message from the Chief Executive Officer*

**Happy Independence Day** to the members of staff of the ERHA.

Thank you for your service to our country and our fellowmen.

Through your resilience we have been able to overcome the challenges we faced during the last year and we now have a new tool - the vaccine, to use in our fight against the COVID-19 pandemic. You have continued to demonstrate your dedication and we remain connected by a strong bond and driven by unity of purpose.

With your courage, we have ventured beyond the unknown and given hope to many of our clients to whom we provide quality care. Let us continue to serve with dignity and humility as we move forward with boundless faith to shape our destiny.

**Ronald Tsoi-a-Fatt**  
*Chief Executive Officer*

## Important Notice

## Temporary Relocation of A&E Toco

The Accident and Emergency Department at Toco Health Centre has been temporarily relocated to the Cumana Outreach Centre for the period August 13, 2021 - October 10, 2021 to facilitate expansion works.

The ERHA apologises for any inconvenience caused as we seek to continuously provide the highest quality healthcare to our clients.





# ← OSH FEATURES

The ERHA's Occupational Safety & Health Department presents its "OSH Feature" where vital information on workplace health and wellbeing will be shared each month.

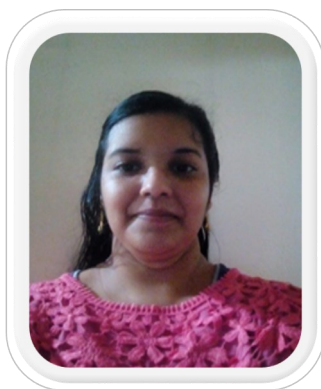
IN THIS ISSUE: Get familiar with the STAD OSH Team and learn about Situational Awareness.



## Meet the STAD OSH Team



Duane Nimblett, OSH Officer STAD



Reisha Rampersad, OSH Clerk I STAD

In this issue we will introduce the St. Andrew/St. David OSH Team and discuss 'Situational Awareness.'

The STAD team comprises of Duane Nimblett, Occupational Safety & Health Officer who joined the Authority in 2012 and has served in all the safety departments. He is supported by Clerk I, Reisha Rampersad, .

The team covers the following facilities:

### Cluster I

Valencia, Coryal, Cumuto and Manzanilla Outreach Centres.

### Cluster II

Sangre Grande Enhanced Health Centre, Sangre Grande Old Health Centre.

### Cluster III

Matelot, Grande Riviere, Cumana, Matura and San Souci Outreach Centres. Accident and Emergency Toco and Toco Health Centre.

Coverage is also provided for Sankar I and II, De Freitas Building, Regis Building, Conference and Emergency Operations Centre, County Health Administration, Head Office and St. Andrew/ St. David .

## SAFE DRIVING TECHNIQUES



### ALWAYS WEAR A SEAT BELT

Make sure you're belted up at all times, even if you're in the rear. Seat belt not only saves you from fines but keeps you protected.



### AVOID DISTRACTIONS

Distraction is the major cause for road accidents. Avoid using mobile phones, stay alert and focused when driving.



### NEVER DRINK & DRIVE

Driving under the influence of alcohol is a crime. Driving in any sort of intoxicated state can lead to judgment errors and mishaps.



### ALWAYS RESPECT SPEED LIMIT

Follow the speed limit and drive safe. Excess speed can lead to accidents or attract fines from traffic authorities.



### NEVER JUMP A TRAFFIC SIGNAL

Jumping a traffic signal or red light might lead in a crash with other commuters. It is a strict traffic violation that can lead to serious consequences.



### MAINTAIN YOUR CAR

One must always maintain and take good care of their car. An ill maintained car can be troublesome to both you



**Contact Information: Duane – 226-9850 / 780-5624 or Reisha- 226-9850**



# EARTHQUAKE PREPAREDNESS IN THE CARIBBEAN

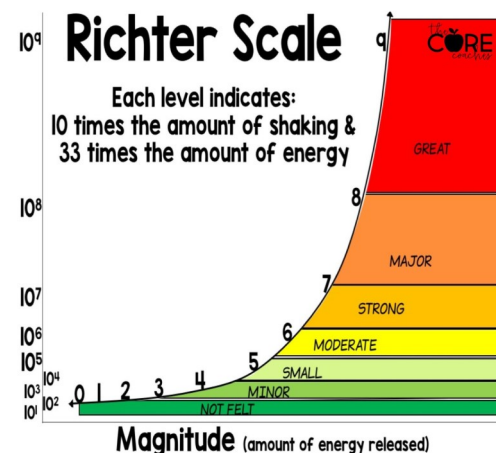
## How often do earthquakes occur?

Believe it or not earthquakes are always occurring somewhere on the planet at any given point in time. This is because the earth is very seismically active. In the eastern Caribbean, over 1200 earthquakes are recorded each year, however, not all of these events are felt.

According to the UWI Seismic Research Centre (SRC), our official source of earthquake information in the Eastern Caribbean, earthquakes vary in magnitude which is related to the energy generated at its source. The larger the quake, the more disruption it causes. This is evident in the 6.9 earthquake that occurred on 21 August 2018, west of Trinidad. It was felt widely in the Eastern Caribbean countries including Barbados, Grenada, Guyana, St. Lucia etc. and generated approximately 32 aftershocks.

## How is an earthquake measured?

The size of an earthquake can be measured using the Richter Magnitude Scale, a logarithmic scale as shown in the image to the right. As the number increases on the scale, so does the earthquake's magnitude. Smaller quakes are not usually felt (0-5) and can sometimes result in minor disruptions. However larger earthquakes (6-9), can be devastating resulting in loss of life and property.



## Haiti's case study:

Let us take into consideration Haiti's earthquake experience, that occurred on 14 August 2021. It was a major 7.2 magnitude earthquake that rocked south-western Haiti. The earthquake, which was 10km deep resulted in catastrophic damages to housing, buildings and infrastructure leaving thousands homeless. The death toll was nearly 2,000 with more than 9,900 injured. Tropical Storm Grace caused further destruction to the area destroying make-shift tents from tarpaulin and wood.



Since earthquakes are usually unpredictable, precautionary measures should be exercised. The UWI SRC warns that the Eastern Caribbean has generated very large earthquakes in the past and will continue to have earthquakes of varying magnitudes.

# EARTHQUAKE PREPAREDNESS TIPS

## Before An Earthquake:

- ♦ Build your home in accordance with the recommended building codes for earthquake safety.
- ♦ Heavy furniture, water heaters, etc. should be anchored to walls or floors and place the largest and heaviest items on lower shelves.
- ♦ Ensure you have a 72-hour emergency kit or bag with canned foods, medications, first aid supplies, etc.



## During An Earthquake:

- ♦ If indoors, stay there.
- ♦ Move away from windows, mirrors, glass doors and avoid elevators or stairs.
- ♦ Drop to the ground. Take cover under a desk or table. Hold on to a sturdy desk or table.
- ♦ If in a vehicle, do not stop on or under a bridge. Park in a safe area turn on the hazard lights and remain in the vehicle.



## After An Earthquake:

### Do's

- ♦ Check your house for damages, broken gas lines or fires. Exit to muster point or safe area if there is any threat.
- ♦ Turn on your radio for emergency news and updates.
- ♦ Be prepared for more aftershocks.

### DON'Ts

- ♦ Do not light a match or turn on light switch, use a flashlight instead.
- ♦ Do not venture into sightseeing. Leave the streets clear for emergency and rescue vehicles.
- ♦ Do not attempt to move seriously injured persons unless they are in danger of further injury.

## For More Information:

*Visit the UWI Seismic Research Centre's website or their Social Media pages for earthquake activity updates.*



## Good News for August



"Hi good day, I would like to commend Ms. Amanda Roberts who took a call from me today concerning my AZ 2nd shot. She was so courteous, pleasant and knowledgeable. Such a delightful interaction and excellent customer service."

- Shana Lalla



*"Caring is the Key"*



"Sending out a big thank you and big up to the Surveillance Team who were responsible for calling in an checking up on us the Hosanny family during our recovery from Covid. We want to say thank you an continue to do a great job. Dr. Best, Dr. Joan, Dr. Maharaj, Dr. Ramana, Dr. Bridgelal, Dr. Nicome, Mrs. David an anyone who we forgot to mention thank you. A big shout out to nurse Penny Ramlogan for support and advice."

- Roger Hosanny



*"Caring is the Key"*



Government of the Republic of Trinidad and Tobago

Ministry of Health

# POST-FLOOD:

## FOOD SAFETY TIPS

**Flood waters may carry silt, raw sewage and other bacteria that can infect food and make it unsafe.**

### **AFTER A FLOOD:**

- Inspect food carefully to make sure it has not come into contact with flood water.
- Throw away fresh fruits, vegetables, fish and meat that may have come into contact with flood waters.
- Discard food contained in bags, paper cloth, fiber or cardboard boxes (Eg. flour, cereal and rice), even if the packages are sealed.
- Discard open containers and packages, even if the packages are sealed.



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Ministry of Health-Trinidad and Tobago



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**AUGUST 2021**

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