



# The Eastern *Vibes*

**Monthly Newsletter 2021**

**May 2021, Issue #82**

## Ministers Visit COVID-19 Mass Vaccination Site



*(L-R) The Honourable Marvin Gonzales, Minister of Public Utilities, Ms. Kershelle Garcia, Registered Nurse, the Honourable Terrence Deyalsingh, Minister of Health and Mr. Ronald Tsoi-a-Fatt, Chief Executive Officer at the National Racquet Centre, Tacarigua.*

Clients and staff who were at the National Racquet Centre on May 24, 2021 were pleasantly surprised when the Honourable Terrence Deyalsingh, Minister of Health and the Honourable Marvin Gonzales, Minister of Public Utilities paid a visit to the COVID-19 vaccination site.

The Ministers toured the facility with Mr. Ronald Tsoi-a-Fatt, Chief Executive Officer and held brief discussions with persons on site as they were guided through the vaccination process. Minister Gonzales expressed heartfelt thanks to workers of the entities under the Ministry of Public Utilities who came

to the National Racquet Centre to be vaccinated and urged them to encourage their colleagues to do the same. Minister Deyalsingh also expressed his thanks and commended the hardworking staff for their unwavering support during this pandemic.

The ERHA's COVID-19 Vaccination Drive continues at designated vaccination sites by scheduled appointments.

*See photos on page 2.*

### **In this Issue**

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- MoH Ad: All Health Guidelines Must Still Be Followed

# COVID-19 Vaccination Drive Continues at the ERHA



I GOT  
MY COVID-19  
VACCINE!



## First Baby on Mother's Day at the Sangre Grande Hospital

The Eastern Regional Health Authority (ERHA) welcomed the first baby to be born at the Sangre Grande Hospital on Mother's Day at 9:38 a.m. on May 9, 2021. The healthy baby girl, weighing 2985 grams was born to Ms. Amanda Mohammed.

Ms. Ellen Campbell, Acting Head Nurse and Licensed

Midwife, presented Ms. Mohammed with a beautiful fruit basket and a hamper filled with baby products.

Mother's Day greetings was conveyed to all mothers who were on the ward and they were also presented with fruit baskets and tokens.



Ms. Ellen Campbell, Head Nurse & Midwife presents hamper and fruit basket to Ms. Mohammed



Tokens for mothers on Ward 4



Beautiful fruit baskets for mothers on Ward 4

## Symbols of Growth and Sustainability for Mother's Day

Giftng a plant is a thoughtful way to show someone you care about their health and wellbeing as plants enhance concentration, mindfulness and relaxation and are also beautiful décor items.

This Mother's Day, the female healthcare workers who were on duty at the Sangre Grande Hospital were treated to a lovely surprise as the Trinidad and Tobago Medical Association - Eastern Branch (T&TMA) gifted them with beautiful houseplants. Dr. Sunita Sudama of the T&TMA visited each ward and department on May 9, 2021 to extend Mother's

Day greetings to all who were on duty. She presented the lovely symbols of growth and sustainability on behalf of the organisation.

The gifts were greatly appreciated by the members of staff and they graciously thanked Dr. Sudama for the kind gesture.



Healthcare workers at the Sangre Grande Hospital show off their beautiful plants

## A Message from the General Manager - Nursing

***"Nurses: A Voice to Lead, a Vision for Future Healthcare."***

As we mark Nurses Appreciation Day, my words are not enough to express our gratitude, thanks and appreciation to you, our nurses, for what you do to make our nation a better, healthier and a happier one each day.

One year ago today, when writing similar remarks, I could not have imagined that we would be in even stormier waters than we were in then, due to the COVID-19 virus. As a nation faced with new variants, more cases and very limited vaccines, your optimistic spirits, willing hearts and dedication to our sick, shines like a beacon; offering a ray of hope in the darkness. Your self-sacrificing and heroic efforts were unprecedented then, and today with additional challenges you continue to be our angels without wings. Your sacrifices, over the top performance, bravery and patriotism will forever be remembered.

As our nation is once again almost brought to its knees due to the COVID-19 pandemic, it brings tears to my eyes to see you consistently pushing the bar. One thing I know for sure, we could have never made it this far without you.

They say ***"a chain is only as strong as its weakest link"*** but I am proud to say I won't know this because our team doesn't have one. You have all displayed true grit and determination. Your efforts have not gone unnoticed and you continue to exceed our expectations. The demand on your time and energy has not been easy, yet you continue to demonstrate a positive attitude and tremendous perseverance. It takes courage to show up at work when so many others are at home protecting themselves.

You, our nurses are an all-star team and each day, rain or shine, I see you giving your all to this job and I am proud and humbled by you all. No bridge has been too far for you and no challenge too great. Your long hours, self-sacrifice and commitment to our country has been amazing and today, those two little words called ***"thank you"*** does not suffice. Your courage, dedication, skill and professionalism will allow us to get through this trying season and we are all forever indebted to you. I look at you and marvel at just how much you put in to deliver quality healthcare at the Eastern Regional Health Authority.

***Stand tall and appreciate how excellent you are. We salute you!***



***Ms. Indardaye Arjoon Maharaj***  
***General Manager - Nursing***

**Happy Nurses Appreciation Day!**

THANK YOU  
*nurses*  
❤️

# Well NEWS

NEWSLETTER

## WORLD NO TOBACCO DAY 2021 "COMMIT TO QUIT"

by Health Education and Nutrition Departments



### INSIDE THIS MONTH'S ISSUE:

- World No Tobacco Day 2021
- Tobacco Use and COVID-19
- A Personal Quit Smoking Plan
- ERHA's Smoking Cessation Clinic
- ERHA's Commit To Quit Campaign

## WORLD NO TOBACCO DAY 2021

World No Tobacco Day is celebrated on the 31st of May every year by multiple organisations worldwide and aims to bring awareness to the dangers of tobacco use and the preventable diseases and deaths. Tobacco use is responsible for over 8 million deaths every year. More than 7 million deaths are caused by direct tobacco use and over 1.2 million indirectly, as a result of second-hand smoke exposure.

All tobacco products are harmful. Tobacco smoke contains at least 7,000 harmful chemicals, of which at least 70 are known to cause cancer. Tobacco use can damage every part of the body and can put one's health in great danger. Quitting is the best action tobacco users can take to improve their health. This year's theme is **'Commit to Quit'** and the campaign aims to empower and support all tobacco users on their journey to quit.



## TOBACCO USE AND COVID-19

Tobacco use is a known risk factor for respiratory diseases and infections. Studies have shown that tobacco users have a higher chance of contracting the COVID-19 virus than those who don't use tobacco as it is a disease that primarily attacks the lungs. Proper lung function is affected by smoking which makes fighting off COVID-19 and other diseases less efficient. The COVID-19 pandemic has led to millions of tobacco users saying they want to quit in order to claim their right to healthy living and to protect future generations.

### How is your risk of COVID-19 increased?

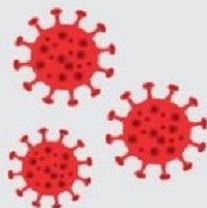
#### SMOKING OR VAPING

#### CANNABIS OR TOBACCO

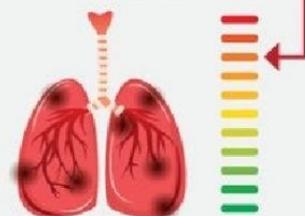
- Damages lungs
- Harms the immune system (body is less able to fight diseases)



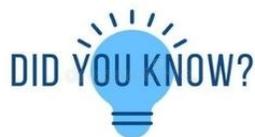
#### COVID-19 Exposure



#### Infection is **↑ more severe**



## WHAT HAPPENS WHEN YOU QUIT SMOKING?



After only 20 minutes of quitting, the body starts to heal itself. Quitting has both immediate and long-term health benefits.

**20**  
minutes



Your heart rate and blood pressure drop.

**1–9**  
months



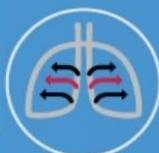
Coughing and shortness of breath decrease; cilia start to regain normal function in the lungs, increasing the ability to handle mucus, clean the lungs and reduce the risk of infection.

**12**  
hours



The carbon monoxide level in your blood drops to normal.

**2**  
weeks / **3**  
months



Your circulation improves, and your lung function increases.

**1**  
year



The excess risk of coronary heart disease is half that of a continuing smoker's.

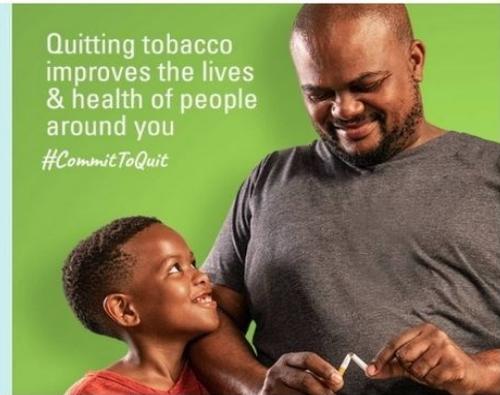
## A PERSONAL QUIT SMOKING PLAN

- **Prepare Yourself** - Get support from friends and loved ones.
- **Mark Your Calendar** - Set a quit date. The important first step is to decide when you want to quit.
- **Know Your Reasons Why** - This can help keep you motivated and on track, especially in difficult moments.
- **Clean your house and get rid of smoke related items.**
- **Know Your Triggers** - Think about what things make you more likely to smoke and avoid them.
- **Choose How You Will Deal With Cravings** -
  - Distract yourself by going for a walk or doing a craft.
  - Do deep breathing exercises to reduce the stress that comes with quitting.
  - Delay until the craving passes.
  - Drink water.
  - Discuss your feelings with someone close to you.
- **Join a Smoking Cessation Clinic** - These clinics provide long-term support from a team of healthcare professionals.
- **Don't Quit Your Quit Plan: Time is on your side; try and try again.**

### ERHA'S SMOKING CESSATION CLINIC

Our Smoking Cessation Clinic offers counselling and long-term support from a team of healthcare professionals to help clients quit smoking. This clinic is conducted at Cumuto Outreach Centre on the 2nd and 4th Thursday of each month from 9:00 a.m. to 2:00 p.m. To schedule an appointment, contact the Cumuto Outreach Centre at 226 -1106.

Quitting tobacco  
improves the lives  
& health of people  
around you  
#CommitToQuit



### ERHA'S COMMIT TO QUIT CAMPAIGN

In observance of World No Tobacco Day 2021, the Health Education Department launched a '**Commit To Quit Campaign**'. Several activities were conducted under this campaign including:

- **Commit to Quit Smoking E-Learning Activity** - This activity was developed to create healthier environments that are conducive to quitting tobacco by increasing awareness of cessation services, raising awareness of the dangers of tobacco use, and empowering tobacco users to make successful quit attempts. The activity also sought to encourage persons who are not smokers, to continue on that journey.
- **Components of a Cigarette** - An interactive "Dangers of Tobacco Use" display highlighting the contents of a cigarette.
- **World No Tobacco Day Staff Online Quiz.**
- **Virtual Tobacco Lectures with the Civilian Conservation Corps & Police Youth Clubs.**



Government of the Republic of Trinidad and Tobago  
Ministry of Health

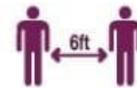
# ALL HEALTH GUIDELINES MUST STILL BE FOLLOWED

The COVID-19 vaccine is just one part of the overall tool kit that you can use, along with personal protective measures such as mask wearing and staying away from others, which will help protect you and your loved ones from COVID-19.

Even after you receive the COVID-19 vaccine you will still need to follow all the personal health recommendations:



**Wear a mask**



**Watch your distance**



**Wash your hands**



**Stay at home when ill**



**Clean then sanitize surfaces**



**Use a tissue when you cough**



**Don't touch your face**

For more info visit [www.health.gov.tt/covid19](http://www.health.gov.tt/covid19) or CALL 800-WELL / 877-WELL (9355)

The COVID-19 vaccine is  
**FREE!**



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



Ministry of Health-Trinidad and Tobago



TrinidadHealth



MoH\_TT



minhealthtt



**MAY 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)

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



ERHA Trinidad Tobago



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