

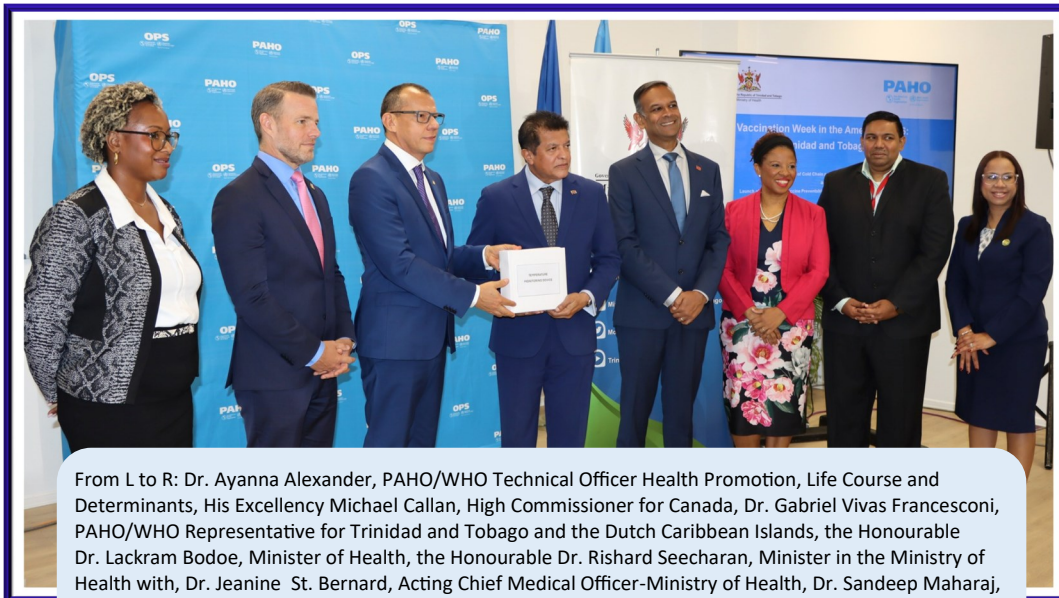


The Eastern *Vibes*

Monthly Newsletter 2026

April 2026, Issue #141

Strengthening our National Immunization Programme



From L to R: Dr. Ayanna Alexander, PAHO/WHO Technical Officer Health Promotion, Life Course and Determinants, His Excellency Michael Callan, High Commissioner for Canada, Dr. Gabriel Vivas Francesconi, PAHO/WHO Representative for Trinidad and Tobago and the Dutch Caribbean Islands, the Honourable Dr. Lackram Bodee, Minister of Health, the Honourable Dr. Rishard Seecharan, Minister in the Ministry of Health with, Dr. Jeanine St. Bernard, Acting Chief Medical Officer-Ministry of Health, Dr. Sandeep Maharaj, Chairman of the ERHA Board and Mrs. Angelina Rampersad Pierre, Chief Executive Officer of the ERHA

The Honourable Dr. Lackram Bodee, Minister of Health was presented with Cold Chain and Immunization Support Tools to assist in the management of vaccines throughout the Regional Health Authorities (RHAs). These immunization tools which were donated by the Pan American Health Organization (PAHO)/World

Health Organization (WHO) and the government of Canada represent a major step forward in the management of vaccines. In his remarks the Minister stated that ***“Vaccines only work when the system behind them are strong, when they are stored correctly, handled properly and delivered with care”***.

In this Issue

- Strengthening our National Immunization Programme
- Celebrating Our Medical Laboratory Professionals
- Thank you to Our Medical Laboratory Professionals
- The Agile Assistant
- Happy Administrative Professionals Day
- Increasing Awareness of Psychological Risks
- Connecting to Promote Heart Health
- Highlights of Chronic Disease Support Group Network Sports and Family Day
- Stress Awareness Fun Day and Health Fair
- Making Health A Priority
- Eastern Regional Health Authority Supports Peace Walk and Health Fair
- Partnering to Promote Health
- Strengthening Communities for Emergency Response
- Re-establishment of the Guayaguayare Wellness Centre Committee
- Cleaner Communities, Healthier Lives
- Managing Lifestyle Changes Webinar
- Smoking and Alcohol Awareness
- Chronic Disease Management Lecture
- Manzanilla Wellness Committee Hosts S.E.A Students
- Promoting Healthier Communities Through Education and Outreach
- BFHI Wellness Fusion at Valencia Outreach Centre
- For Every Generation, Vaccines Work
- World Autism Day
- Good News
- World Health Day 2026
- Happy Easter
- Snapshot of Easter at the ERHA
- Wet Season 2026

Strengthening our National Immunization Programme Cont'd

He also highlighted the importance of maintaining vigilance to protect Trinidad and Tobago's measles-free status and noted that the introduction of these devices will strengthen the country's alignment with global practices in immunization and outbreak preparedness.

The Handover Ceremony of the critical immunisation support tools was a collaborative event hosted by PAHO/WHO and the Ministry of Health (MoH) on April 29, 2026 at the Sangre Grande Hospital Campus.

In his remarks, His Excellency Michael Ryan Callan, High Commissioner for Canada to the Republic of Trinidad and Tobago noted that **"With the support of PAHO and the relentless commitment of healthcare workers across the Caribbean, the gaps in the immunization landscape are steadily narrowing"**. His Excellency also emphasised that these remote monitoring tools are not just simply pieces of equipment but are safeguards that protect the integrity of each vaccination dose. They will also be able to provide real time temperature tracking data and send alerts which will allow for early intervention before vaccines are compromised.

Also present at the event was Dr. Gabriel Vivas Francesconi, PAHO/WHO Representative for Trinidad and Tobago and the Dutch Caribbean Islands. He acknowledged PAHO's competent partnership with Trinidad and Tobago to provide technical cooperation to strengthen the national immunization support programmes. He

indicated that, **"This includes support for expanding training programmes on immunization assessments, training to healthcare workers, strengthening surveillance systems and guidance on goal management and vaccine logistics"**.

Dr. Francesconi added that Vaccination Week in the Americas is also closely aligned with PAHO's Disease Elimination Initiative which aims to accelerate the elimination of more than **30** communicable diseases and related conditions by 2030, **11** of which are vaccine preventable including measles.

Those in attendance were welcomed by Dr. Sandeep Maharaj, Chairman of the Board of Directors. Chairman Maharaj expressed his thanks for the Eastern Regional Health Authority (ERHA) being chosen as one of the areas to receive the donation of the temperature monitoring devices. He also emphasised that without reliable temperature monitoring, the vaccines which are being given to patients are ineffective.

Following the ceremony, key officials visited the Sangre Grande Enhanced Health Centre to view one of the solar-powered vaccine refrigerators which were donated by the Canadian government. This event also marked the launch of Vaccination Week in the Americas and the National Vaccine Preventable Diseases Surveillance Training programme which commenced with the ERHA and will be rolled out to all RHAs.

Celebrating Our Medical Laboratory Professionals



Mrs. Angelina Rampersad Pierre, Chief Executive Officer with staff of the Medical Laboratory Department



Quality assurance is crucial in healthcare delivery as it assists to ensure safe, effective, patient-centred care by minimising errors and adverse events. Over 70% of medical decisions are based on lab reports provided by Medical Laboratory Technicians (MLTs). The data they provide from analysing blood, tissue and fluids is critical to modern healthcare.

In an effort to increase awareness to the important role they play in healthcare, MLTs hosted several activities during Medical Laboratory Professionals Week which is celebrated annually from 20-24 April.

Under the selected theme **"Lab story: To Infinity and Beyond,"** the Medical Lab Team focused on, **"Mixing science with smiles, science in action"** which highlights the human side of lab work. The celebration began with the sharing of a pot luck department breakfast to strengthen camaraderie among staff. This was followed by educational sessions from 21-23

April, 2026 to highlight the impact of AI in Haematology and Blood Donation. There was also an Open Day for staff to tour the Laboratory facilities. These sessions fostered greater appreciation for the laboratory's role in patient care and encouraged interdisciplinary collaboration.

To end the celebration, Mr. Dexter Mansingh, Medical Laboratory Technician (MLT) III presented Mrs. Angelina Rampersad-Pierre, Chief Executive Officer with a token of appreciation for her continued leadership, support and advocacy. This was followed by competitive activities, a staff luncheon and awards. Ms. Roxanne Edghill, Phlebotomist and Ms. Alana Satram, MLT I emerged victorious in the Pictionary competition while Ms Rosita Jaisree, Lab Assistant won the poster competition. The spotlight was placed on several employees as they were recognised for their outstanding and meritorious service.

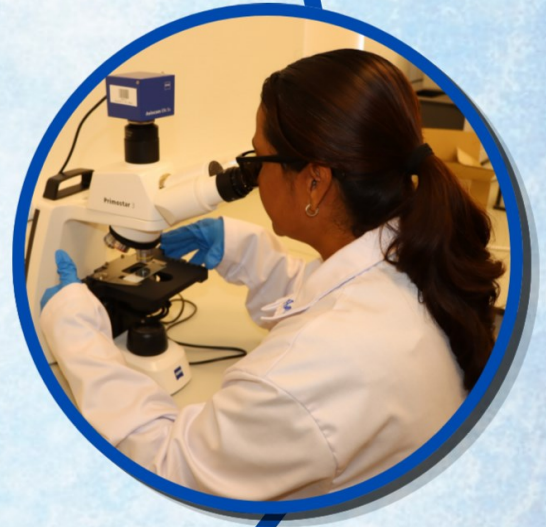


Thank You

to our Medical Laboratory Professionals

Medical Laboratory Professionals Week is being celebrated during the period April 19-25, 2026.

The Eastern Regional Health Authority recognises the Medical Laboratory Professionals behind the scene contributions which are integral to the quality of patient care the Authority provides.



The Agile Assistant

An Administrative Assistant is an office professional who provides clerical, organisational and operational support to staff, and managers. They are the ones who ensure that every detail within their department is addressed with care and excellence.

Recognising the importance of this cadre of staff, the Eastern Regional Health Authority (ERHA) hosted a celebratory retreat in recognition of Administrative Professionals Week on April 24, 2026 at the Roma Baran Poolside, Coalmine, Sangre Grande.

Mrs. Angelina Rampersad-Pierre, Chief Executive Officer (CEO) in her greetings honoured the Administrative Professionals for the extraordinary work they do daily and recognised them as the backbone of the organisation. The CEO added that due to their dedication, efficiency, commitment and

professionalism, the ERHA stands strong.

Staff were afforded the opportunity to 'dress down' or 'dress up' in this case and to focus on their total health in a relaxing environment. They accessed basic health screening such as blood pressure and blood glucose testing; pap smears; vaccination; vision screening and health education.

Members of the Health Education, Nutrition and Mental Health Departments facilitated an assortment of games which focused on healthy lifestyle practices and strengthening social connections. These activities provided a space for staff to foster a spirit of camaraderie amongst their peers and boost morale.

The Authority thanks all Administrative Professionals for their dedication, adaptability and excellence throughout the years.



Happy Administrative Professionals Day



Increasing Awareness of Psychological Risks

The Occupational Safety and Health (OSH) Department brought the ILO's theme, "**Let's ensure a healthy psychosocial working environment**" to life with their observance of World Day for Safety and Health at work. The event was held on April 24, 2026 at the Sangre Grande Hospital Campus Lobby.

Staff and members of the public were engaged in activities which were designed for persons to understand how psychosocial factors such as workload; working times; roles and functions; autonomy; support and fair and transparent

processes, strongly influence how work is experienced and how they can affect workers' safety, health and performance.

Persons were invited to play specially crafted games which assisted to transfer information and increase learning in a fun environment.

The OSH Department continues its outreach activities to increase awareness on practical approaches to prevent and manage psychological risks in the workplace.

See photos below



Connecting to Promote Heart Health

Support groups provide a safe and encouraging environment where persons can share experiences, receive emotional support and learn from others facing similar challenges.

In observance of Health Promotion month, the Health Education Team hosted its 15th Annual Chronic Disease Support Group Fun and Family Day on April 22, 2026 at the Grande Riviere Recreation Grounds to empower members to improve the management of their physical and emotional well-being.

This year's theme **"Connecting for Heart Health: Move Together, Live Better"** focused on promoting regular physical activity and healthy eating as part of management process for heart diseases. **168** members from the Sangre Grande, Manzanilla, Mayaro, Rio Claro, Cumana, Brothers Road, Toco, Guayaguayare, Grande Riviere, Sans Souci and Valencia Chronic Disease Groups came together to strengthen community relationship and foster social interaction.

The event was hosted by Mr. Raymond Charles, Clerk I and Mrs. Natasha Bellamy Food Demonstrator who commenced with a nutrition talk on healthy high fibre snacks and distributed tasty samples. Groups then participated in physical activities which required memory skills and coordination such as Food Grab; Pass the Coconut; Simon Says; Jersey Relay; Pass the Hula Hoop and Musical Chairs. Special prizes were awarded to the most valuable player and the team member who participated in most of the events.

Participants expressed appreciation to the staff for organising a successful and enjoyable event and shared that they greatly valued the opportunity to socialise and connect with fellow members.

The Fun and Family Day was supported by the Public Health, Nutrition and Nursing Departments.

See photos below



Highlights of Chronic Disease Support Group Network Sports and Family Day



Stress Awareness Fun Day and Health Fair

Reducing stress can lower your blood pressure, build a stronger immune system, improve digestion and promote better sleep.

The Coryal Wellness Committee successfully hosted its Stress Awareness, Fun Day and Health Fair on April 25, 2026 at the Coryal Community Centre and Recreational Grounds. The event which focused on health, wellness and stress management, began with an energetic zumba session led by Mr. Chris Portillo followed by an aerobic session by Mr. Nigel Chapman. Attendees of all age groups also engaged in several novelty games.

Informative lectures on topics such as Non-Communicable Diseases (NCDs); the dangers of smoking and vaping; men's health; women's health; nutrition; mental health and stress management were conducted by the Health Education, Nutrition and Medical Social Work Departments. Display models, props and question and answer segment were used to reinforce the information that was shared.

The event was enjoyed by those in attendance and they expressed their appreciation for the initiative and the opportunity to engage in healthy and enjoyable activities.

See photos below



Making Health A Priority



At the Dental Booth a child demonstrates how he brushes his teeth

Members of the Toco Seventh-Day Adventist Church prioritised their health and hosted a Health Fair at the Toco Regional Complex on April 26, 2026.

Adults and children were engaged by the Health Education; Nutrition; Dental and Nursing

staff from St. Andrew/St. David at the health booths. They interacted with various props and models to improve their understanding of what changes, if any, to make to improve their health.

Additionally, basic health screening was provided and pamphlets were distributed on dental hygiene; nutrition; Non-Communicable Diseases; men's health; women's health and the harmful effects of smoking and vaping.

Over **30** participants were encouraged to take an active role in maintaining their health and overall well-being through disease prevention and increased public awareness.

Eastern Regional Health Authority Supports Peace Walk and Health Fair

The Eastern Regional Health Authority supported the Life Promotion and Cultural Club Peace Walk and Sports Day on April 3, 2026 at the Brooklyn Recreation Grounds.

A multi-disciplinary team comprising staff from Health Education; Nutrition; Medical Social Work; Nursing and Dental Departments provided services to **45** persons from the community. Those in attendance accessed basic health screening and participated in the

activities conducted by the various booths which featured lung health models, smoking cessation displays, food and dental models as well as trivia games.

Participants were also provided with information on smoking cessation; men's and women's health; Non-Communicable Diseases; nutrition; stress management and dental hygiene.

Partnering to Promote Health



Blood Pressure Testing

The Health Education and Nursing Departments promoted healthier lifestyles at the New Image Sports Foundation Health Fair on April 6, 2026 at the Sporting Complex, Ojoe Road, Sangre Grande.

Those in attendance visited the booth and received basic health screening. They also had the

opportunity to engage in discussion on key topics such as men's and women's health, Non-Communicable Diseases and smoking cessation to have their questions answered.

Health literature was also distributed to reinforce the information that was provided.

Strengthening Communities for Emergency Response



Staff receive hands-on training

Continuous education in critical life saving skills provides important benefits to communities as it strengthens the way in which people respond during emergency situations and improves overall safety.

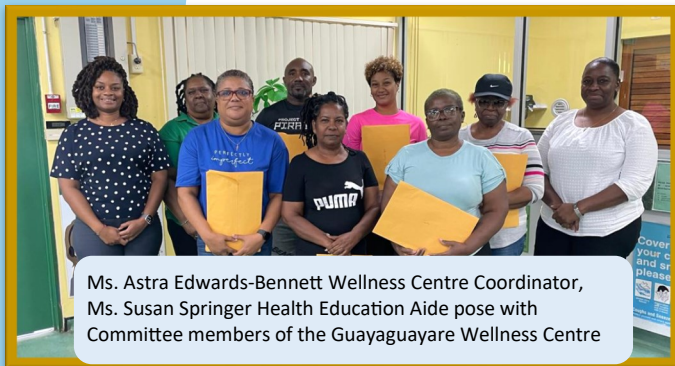
The Health Education Department in collaboration with the Pharmacy and Accident and Emergency Department, Nariva/Mayaro successfully hosted its third Poison

Management, First Aid and Cardiopulmonary Resuscitation (CPR) session on April 30, 2026 at the Guayaguayare Outreach Centre.

A total of **19** persons were equipped with knowledge to manage acute health crises while awaiting professional medical intervention. Acting Registrars Dr. Thanoo and Dr. Sookhoo demonstrated correct techniques for providing life saving CPR and First Aid in both infants and adults in the event of choking. These techniques were then performed by the participants on mannequins via practical hands on training guided by the doctors.

Mr. Kerwin Stephens, Pharmacist III also facilitated a discussion on management of stings and bites; common poisonous insects and reptiles and the resources available to the public on poison management.

Re-establishment of the Guayaguayare Wellness Centre Committee



Ms. Astra Edwards-Bennett Wellness Centre Coordinator, Ms. Susan Springer Health Education Aide pose with Committee members of the Guayaguayare Wellness Centre

The Guayaguayare Wellness Centre has been re-established and a new committee was installed at the Annual General Meeting which was held on April 29, 2026 at the Guayaguayare Outreach Centre.

Nine members were elected to serve in various

leadership roles on the committee. They expressed enthusiasm and commitment as they prepare to plan and implement wellness programmes focused on promoting healthier lifestyles within the Guayaguayare community.

Committee members also extended sincere appreciation to staff in the Wellness Department and Ms. Nirmatee Mohammed, Senior District Health Visitor, for their dedication to re-establish both the Wellness Committee and the Wellness Centre.

They will work closely with the Wellness Department to achieve their mission to enhance health and wellness throughout the community.

Cleaner Communities, Healthier Lives

Clean, safe surroundings play a vital role in preventing diseases, promoting well-being and sustaining our communities.

The Health Education Department, Nariva/ Mayaro hosted a Beach Clean-Up activity in commemoration of World Health Day on April 26, 2026 at the Sunset Beach Resort, Mayaro to enhance the surroundings. **25** persons from

various sporting and cultural groups came together to assist with the removal of waste and garbage from the shore. This assisted to protect marine life, preserve the ecosystem, reduce micro plastics and to mitigate against toxic chemicals.

This activity highlights the important connection between environmental health and human health.



Volunteers participating in Beach Clean-Up

Managing Lifestyle Changes Webinar

Being diagnosed with risk factors linked to Non-Communicable Diseases (NCDs) can be very traumatic. The Health Education Department collaborated with Dr. Bradley Stewart, Medical Officer I to host a webinar as a follow-up session for **20** members of staff who were previously screened and identified with risk factors for NCDs.

During the webinar, participants received information on recommended target values for diabetes, hypertension and how to maintain a healthy weight. Dr. Stewart also highlighted complications associated with unmanaged

chronic diseases, strategies to support lifestyle modification, including healthy eating, regular physical activity, smoking and vaping cessation and limiting alcohol consumption. She also emphasised the importance of adequate sleep and effective stress management in maintaining overall health.

Staff members were encouraged to utilise the health resources available at the Authority. Information was shared on staff clinic schedules, the smoking cessation clinic and the men's health clinic to support continued health monitoring and care.

Smoking and Alcohol Awareness



Mr. Isaac John, Health Education Aide lectures to students on tobacco use

Tobacco is deadly in any form!

According to the World Health Organization tobacco use or exposure to tobacco affects almost all organs of the human body and has a negative impact on overall health.

The Health Education Department, St. Andrew/St. David, conducted a lecture on April 21, 2026 at Metal Industries Company Limited, Sangre Grande to educate young adults on the dangers of smoking and vaping.

The lecture focused on the risks associated with tobacco use, various types of tobacco products,

harmful effects on health and practical smoking cessation strategies to support individuals to quit tobacco use.

To assist students to gain a broader understanding of lifestyle-related health risks the negative effects was also highlighted including its association to breast cancer.

Following the presentation, students visited an interactive health education booth. They viewed the lung and cigarette models and perused a variety of reading materials.

Chronic Disease Management Lecture

As part of its ongoing efforts to promote healthier lifestyles and increase public awareness, the Health Education Department Nariva/Mayaro conducted a lecture on Chronic Disease Management on April 7, 2026 at the Brothers Road Outreach Centre Chronic Disease Clinic.

The session was facilitated by Ms. Josane Williams, Health Education Officer, who provided participants with valuable information on chronic diseases and practical management

strategies that can help individuals live longer, healthier lives.

Over **20** participants were encouraged to adopt healthier habits, adhere to medical advice and make informed lifestyle choices to better manage chronic conditions such as diabetes, hypertension and heart disease.

The Health Education Department remains dedicated to empowering communities through education and outreach as it continues its mission of promoting wellness and healthier living throughout the region.

Manzanilla Wellness Committee Hosts S.E.A Students



S.E.A students at the Manzanilla Beach Resort with Wellness Instructors

Following months of preparation, for the Secondary Entrance Assessment (S.E.A) which can often be a stressful experience for students. The Manzanilla Wellness Committee hosted its S.E.A Students Brain Cooler Event on April 25, 2026, at the Manzanilla Beach Resort to provide an avenue for students to have a complete mental break.

The event was designed to provide students from the Manzanilla community with an opportunity to relax, socialise and participate in fun, healthy activities following the completion of their S.E.A. examinations.

Throughout the afternoon, students enthusiastically participated in aerobics and circuit training sessions designed to promote

physical activity while building confidence, cooperation and teamwork.

Participants also benefited from informative health talks that encouraged healthy lifestyles and positive habits as they prepared for the transition into secondary school. To further promote wellness, students were treated to healthy snacks and fresh fruits and each child received a token of encouragement in recognition of their hard work.

The event was well received and created a positive, enjoyable and memorable experience for all students in attendance.

Promoting Healthier Communities Through Education and Outreach



Ms. Glendersha Thomas, Medical Social Worker II chats with PTSC Workers about Mental Health



Nutrition Team at the Valencia Secondary School

Outreach programmes provide essential benefits in healthcare services and promotes equity. Through health education and community engagement initiatives, individuals are empowered to make informed decisions and adopt healthier lifestyles.

The Health Education, Nutrition and Medical Social Work Departments, St. Andrew/St. David in collaboration with the Nursing Department provided health screenings and important health information to over **95** persons at two recently held health fairs. The events were hosted by the Valencia Secondary School and Public Transport Service Corporation, Sangre Grande on 24 and

27 April, 2026 to increase awareness and encourage healthier lifestyles among their communities. The team encouraged persons to explore the interactive displays which featured smoking cessation props, lung health models, informational materials on smoking cessation and trivia activities designed to promote learning.

Persons were also provided with information on men and women's health; Non-Communicable Diseases; mental health; stress management and nutrition. Health screenings conducted by the nursing staff further supported the promotion of early detection and healthy living practices.

BFHI Wellness Fusion at Valencia Outreach Centre



Ms. Chennel Davis-Gentle , Baby Friendly Coordinator (Ag.) provides information to Antenatal clients about breastfeeding

Information was provided on BFHI standards and breastfeeding support services available at health facilities, as well as nutrition guidance for pregnancy and lactation. Additional topics included labour, postnatal preparation, Domiciliary Unit services and postnatal home visits designed to support mothers and newborns after delivery.

Educational messages promoting healthy lifestyle habits, breastfeeding best practices and the importance of partner involvement throughout pregnancy and postpartum care were also emphasised throughout the session.

An interactive armchair exercise segment was conducted to remind expectant mothers of the importance of physical activity during pregnancy and to demonstrate how to perform the exercises safely.

The importance of community and peer support was also highlighted through the introduction of the GEMS support group.

Participants were also treated to a healthy snack and a nutritious "Lactation Bites" recipe from the Nutrition Department.

Ensuring a healthy baby requires preconception planning and consistent care.

The Baby-Friendly Hospital Initiative (BFHI), in collaboration with the Nutrition and Health Education team, hosted a Wellness Fusion on April 7, 2026 at Valencia Outreach Centre Antenatal Clinic. The initiative brought together **15** antenatal clients and their partners for an engaging and educational experience focused on maternal and infant wellness.

The session was designed to equip participants with practical knowledge and skills to support breastfeeding, maintain healthy pregnancy habits and prepare for labour, delivery and the postnatal period.

For Every Generation, Vaccines Work

Over **40** persons responded to the call to get vaccinated and change their immunization status during the Eastern Regional Health Authority's vaccination outreach programme.

This outreach programme was held in observance of World Immunization Week under the theme "**For every generation, vaccines work**" and highlighted how immunization has protected families for generations. Activities were held during the period 24-30 April, 2026 in an effort to accelerate the elimination of vaccine preventable diseases within communities.

To protect individuals and to help save lives, vaccines such as Influenza; Yellow Fever; Hepatitis B; Human papillomavirus (HPV), Tetanus and Diphtheria (TD), Polio and Measles, Mumps and Rubella (MMR) were made available at multiple outreach and health facilities. Educational lectures on Immunization and Vaccination were also conducted by Nursing personnel to encourage persons, especially vulnerable groups to get vaccinated.



World Autism Day

APRIL 2, 2026

A UNITED NATIONS INITIATIVE TO PROMOTE UNDERSTANDING, ACCEPTANCE, & INCLUSION

PROMOTE understanding, acceptance & inclusion



- Celebrate unique strengths & perspectives
- Reduce stigma through education
- Ensure equal opportunity for all

2026 THEME: "Autism and Humanity – Every Life Has Value"



Focusing on preserving dignity and ensuring equality in healthcare, education, leisure, and future employment.

COMPREHENSIVE ERHA SUPPORT FOR CHILDREN & ADOLESCENTS



EARLY IDENTIFICATION, SCREENING & REFERRAL



ONGOING FOLLOW-UP & ANTICIPATORY GUIDANCE



SPEECH & LANGUAGE PATHOLOGY



CLINICAL PSYCHOLOGY



ADOLESCENT MEDICINE



COMMUNITY PAEDIATRICS & MENTAL HEALTH LIAISON

OUR ONGOING COMMITMENT

At the Eastern Regional Health Authority (ERHA), our Department of Paediatrics wholeheartedly supports these goals, continuously expanding services aligned with best practices to support every child and adolescent on the autism spectrum toward their best quality of life.





Commendations to Staff

Debbie Krystal Boodansingh

I don't know their names but I'm sure they were my angels last night. To the two guys at the corner by Cantonese Wok Chinese Restaurant, I know its not your names but I will call you the Lettuce man and the EMT guy from ERHA (you guys know yourselves) who assisted me when I fell and twisted my ankle while exiting the restaurant. Thank you and God bless you and your family. I appreciate it a lot. Its good to know it still have good people out here. THANK YOU A MILLION.

***Sent via Facebook by Debbie Krystal Boodansingh
April 11, 2026***

Sabita Boodram

It's just another way to live life positively. Don't allow the depression of the diagnosis of a terminally ill disease kill you. Your health is your wealth. Early detection saves lives. Get screened early. I'm thankful to my home away from home. The Sanjivani Women's Hospital, Dr. Prakashbhan Persad. The entire staff ERHA - Oncology unit and all others who makes treatments etc as painless as possible.

***Sent via Facebook by Sabita Boodram
April 20, 2026***

Cecelia Roberts

To the staff of Eastern Regional Health Authority Sangre Grande Oncology outpatient clinic. I would like to say thank you for your patience and word of prayer before starting your service. You made me feel welcomed and safe. You all made it easy. I applaud you, continue being the kind and wonderful staff you are. Best I've come across.

***Sent via Facebook by Cecelia Roberts
April 22, 2026***

Let us never cease to provide quality service with compassion and dignity as we demonstrate that, "Caring is the Key."

World Health Day



**WORLD HEALTH DAY
2026**

THEME

Together for Health. Stand with Science

**Stronger science. Healthier people.
A better future for all.**

**HEALTH
CONNECTS
US ALL**

When we come together and stand with science, we protect the health of people, animals, plants and the planet while building healthier communities and creating a more safe and sustainable world.



HEALTHY PEOPLE HEALTHY COMMUNITIES

From preventing disease to ensuring access to care, science improves health at stage of life.



A HEALTHY PLANET FOR A HEALTHY FUTURE

Our health is connected to the health of our planet. Science guides us to protect people, animals and the environment we all share.



SCIENCE DRIVES PROGRESS

Vaccines, medicines, better diagnostics and data-based solutions help us prevent, prepare for and respond to health challenges today and tomorrow.



TOGETHER WE ARE STRONGER

Government, scientist, health workers, communities and partners-together we build a healthier, safer and more equitable world.





Happy Easter

May the blessings of this holy season fill your heart with peace and your life with purpose. Let this time remind us of the power of sacrifice, the beauty of forgiveness and the promise of new beginnings.

From the Board of Directors and the Acting Chief Executive Officer of the Eastern Regional Health Authority

"Caring is the Key"

Snapshot of Easter at the ERHA



Wet Season 2026

The Trinidad and Tobago Meteorological Service (TTMS) has declared the start of the wet season on **May 05, 2026** following a tropical wave that brought measurable rainfall. Such an early start date highlights a **rapid shift** from the dry season.

Additionally, the TTMS predicts a **near-normal season** that is drier than usual from June to August. But, the potential of **flooding risk** still poses a threat especially between the months of September to November. Furthermore, Eastern Trinidad is expected to receive the highest rainfall, estimated to exceed 1,800mm whereas western areas may be drier.



Ways to Prepare



Home Maintenance

- Clean gutters and drainage systems
- Check roofs for leaks and damages
- Seal windows and doors
- Secure sandbags



Personal Safety

- Prepare an emergency kit
- Establish a communication plan with loved ones
- Monitor weather updates



Travel Precautions

- Avoid flood prone areas
- Do not attempt to drive or walk through flood water



In case of an emergency contact the following numbers:

Fire: 990 Ambulance: 811 Police: 999 ODPM: 511 T&TEC: 800-8832
Regional Corporations DMU Hotlines: Sangre Grande: 800-7472
Mayaro/Rio Claro: 8004672



For more information visit the official TTMS website and pages: <https://www.metoffice.gov.tt/announcements/view/257>



April 2026

Sangre Grande Hospital Campus

Ojoe Road, Sangre Grande
Tel: 228-3742/226-4744/668-2273
Fax: 668-4368

Brothers Road Outreach Centre

Brothers Road
Tabaquite
Tel: 656-2547/340-6895

Cumuto Outreach Centre

Main Road
Cumuto
Tel: 226-1106/643-9075

Manzanilla Outreach Centre

Eastern Main Road
Manzanilla
Tel: 226-1111/668-2063

Rio Claro Health Centre

De Verteuil and Dougdeen Street,
Rio Claro
Tel: 226-1104/644-2236/644-0181

Rio Claro Accident and Emergency

Tel: 226-9230

Toco Health Centre

Paria Main Road, Toco
Tel: 226-1576/670-8277

Toco Accident and Emergency

Tel: 226-9428

Mayaro District Health Facility

Pierreville, Mayaro
Tel: 226-1575/630-1258/9
Tel/Fax: 630-1257

Coryal Outreach Centre

Balata Hill Road and Cumuto Main Road
Coryal
Tel: 668-8066

Grande Riviere Outreach Centre

Hosang Street
Grand Riviere
Tel: 670-8264/385-5421

Matelot Outreach Centre

Main Road
Matelot
Tel: 670-2428/354-0052

Sangre Grande Enhanced Health Centre

Ojoe Road
Sangre Grande
Tel: 226-1102/668-2509

Valencia Outreach Centre

Alexander Street
Valencia
Tel: 226-1260/667-8197

Biche Outreach Centre

Canque Village
Biche
Tel: 280-9781/668-9053

Cumana Outreach Centre

Toco Main Road
Cumana Village, Cumana
Tel: 226-1134/670-8250

Guayaguayare Outreach Centre

Guayaguayare Road,
Guayaguayare
Tel: 226-4090/630-8777

Matura Outreach Centre

Toco Main Road
Matura
Tel: 226-1261/668-6276

Sans Souci Outreach Centre

Main Road
San Souci
Tel: 670-2382/280-8694

Satellite Dialysis Unit,
Narine Ramrattan Building
Naparima/Mayaro Road,
Rio Claro
Tel: 226-9353

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 & Tobago



@erhatrinidad