



The Eastern *Vibes*

Monthly Newsletter 2026

June 2026, Issue #143

Staff Diabetes Prevention Programme



"Diabetes is a chronic disease that occurs either when the pancreas does not produce enough insulin or when the body cannot effectively use the insulin it produces. A healthy diet, regular physical activity, maintaining a normal body weight and avoiding tobacco use are ways to prevent or

delay the onset of type 2 diabetes." Pan American Health Organization

15 staff members took an important step towards better health and successfully completed a 12-week virtual Diabetes Prevention Programme coordinated by the Health Education Department, St. Andrew/St. David, with support from the Nutrition Department.

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Staff Diabetes Prevention Programme (Cont'd)

The programme which was held during the period 26th February, 2026 to 14th May, 2026, focused on reducing the risk of developing prediabetes and Type 2 diabetes and to improve overall quality of life by making healthy lifestyle choices.

During the weekly sessions, participants explored key aspects of healthy living which included nutrition; physical activity; sleep; stress management and mental well-being. In an effort to get the participants to develop and maintain long-lasting lifestyle changes they were encouraged to maintain a food journal; step tracking and to engage in regular outdoor physical activities. Daily peer support was provided to assist them to navigate immediate triggers and to complete the daily tasks that may seem overwhelming.

An analysis of pre and post-sessions showed that there was a need to celebrate as 93% of participants showed improvements in HbA1c levels; there was a reduction in percentage body weight loss and an overall improvement in diet quality scores. Additionally, there was an increase in knowledge for each topic covered.

The programme concluded with a closing ceremony on 26th June, 2026 where persons

reflected on their personal journeys and shared their appreciation for the programme. Many expressed gratitude for the knowledge, support and motivation they received from the multidisciplinary team of healthcare professionals who took their time to share their knowledge and skills to assist staff to make lasting lifestyle changes. Sessions were led by Dr. Tisha Pierre, Primary Care Physician II-Internal Medicine; Dr. Candace Simpson-Smith, Public Health Nutritionist; Mr. Vesaish Ramtahal, Medical Social Worker I; Ms. Rozette Scotland, Registered Dietitian, Sangre Grande Hospital Campus. The external presenters were Ms. Sahara Curry, Registered Dietitian-Ministry of Health and Ms. Safiya Beckford, Registered Dietitian and University Lecturer. Members of the Health Education Department Ms. Kezia Philip, Health Education Officer and Health Education Aides Mr. Isaac John and Ms. Mica Gonzales also played an integral role in facilitating programme sessions.

The success of this programme highlights the value of workplace wellness initiatives and the positive impact of collaborative efforts to promote healthier lifestyles and prevent chronic diseases among staff, our most valued clients.



Photo 1: Dr. Candace Simpson-Smith, Public Health Nutritionist presents Ms. Ava Belcon with a certificate of participation

Dr. Cindy-Ann Badaloo, General Manager-Primary Health Care Services (Ag.) presents certificates of participation to the following participants:

Photo 2: Ms. Khadija Lewis

Photo 4: Ms. Chennel Davis-Gentle

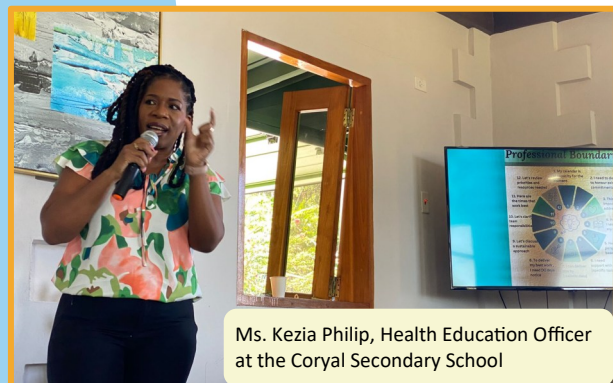
Photo 6: Ms. Vindra Ramdass-Harridath

Dr. Tisha Pierre, Primary Care Physician II-Internal Medicine presents certificates of participation to the following participants:

Photo 3: Ms. Amanda Roberts

Photo 5: Ms. Joann Coryatt

Coryal Secondary School Staff Development Programme



Ms. Kezia Philip, Health Education Officer at the Coryal Secondary School

38 members of staff from the Coryal Secondary School participated in a development programme hosted by the Health Education Department St. Andrew/ St David. The programme was held at the Coryal Secondary School on 9th June, 2026.

Recognising that you cannot pour from an empty cup, the programme was designed to equip educators with practical tools and strategies to strengthen emotional wellness.

Ms. Kezia Philip, Health Education Officer, delivered an interactive session on work-life balance and highlighted the importance of reconnecting with their creative talents and to take time to play. She also encouraged them to create a personal health P.L.A.N. by incorporating the following practices:

P - Physical activity 30 minutes daily

L- Live happy and prioritise self-care

A - Annual health checks for early detection

N-Nutritious diet to prevent or manage non-communicable chronic diseases.

Activities were also included for participants to reflect, identify areas to prioritise for improvement and to develop their personal goals to support a healthier work life balance and improved student and school outcomes.

Financial Management and Saving Session



Representatives of Republic Bank interact with members of the Mayaro Chronic Disease Support Group on financial management and savings

Recognising the changing landscape in today's financial environment members of the Mayaro Chronic Disease Support Group were invited to participate in a financial management session. The session was organised by the Health

Education Department and was held at the Mayaro Civic Centre on 18th June, 2026.

Representatives from Republic Bank Limited provided important information on how to identify Phishing emails or SMS/Text Messages; strategies to minimise banking fees on saving accounts and the pros and cons of a joint account. They also explained what happens to a person's bank account after their death and outlined the process for transferring funds to the next of kin.

During the interactive session, questions were answered to enhance persons understanding of key financial concepts and practices and also to highlight the long-term benefits of financial planning and responsible money management.

Empowering Men to Take Charge of Their Health



Ms. Dennise Rogers, District Health Visitor welcome clients to Toco Men's Health



Mr. Vesaish Ramtahal, Medical Social Worker I lectures clients

According to the World Health Organization men are at a higher risk for premature mortality compared to women.

To encourage men in the Toco community to take steps to improve their health a Men's Health Programme was held at the Toco Health Centre on 24th June, 2026 .

The programme entitled, **"Shades of Blue Men Matters"** was organised to provide participants with the resources needed to make informed decisions about their health and well-being.

The Health Education Department delivered an informative presentation on the harmful effects of smoking and vaping. They also discussed the link between tobacco use and electronic cigarettes to various cancers, respiratory and cardiovascular disease. Participants also learnt about the most common cancers affecting men in the Caribbean, namely prostate, colorectal and lung cancer. The session emphasised the importance of early detection, routine screening and adopting healthy lifestyle practices to reduce cancer risk.

The Medical Social Work Department

concentrated on men's mental health, an often overlooked but critical aspect of overall wellness. Topics discussed included stress management, suicide awareness, client confidentiality and the various avenues available for accessing mental health services. Participants were encouraged to seek support when needed and they were provided with information on resources available within the healthcare system.

The display booth which was mounted by the Health Education Department, attracted a lot of interest with their promotion of healthy eating as a strategy to prevent diabetes and hypertension. They also demonstrated the healthy plate guide using the Caribbean six food groups.

To further reinforce key health messages, other display booths were set up throughout the facility. These interactive stations provided participants with information on a range of men's health topics; including erectile dysfunction; chronic diseases; smoking cessation; non-communicable diseases and self-care among others.

Reinforcing Health Information for Clients to Make Healthier Lifestyle Choices



In an effort to increase awareness and understanding of key messages to drive actual behavior change, the Health Education Departments conducted a series of health education sessions during the month of June.

Over **500** clients attended the sessions which were held at health facilities in Sangre Grande; Manzanilla; Valencia; Biche; Brother's Road; Mayaro; Rio Claro and Guayaguayare.

Information presented in the sessions focused on the harmful effects of tobacco use, including its association with health conditions such as cancer, heart disease, stroke, infertility, pregnancy complications and oral and lung diseases. Clients also learned about the various tobacco and nicotine products currently available, the health benefits of quitting and the smoking cessation services and support available to help individuals overcome tobacco dependence.

The team also discussed Mosquito-Borne Diseases and Chickenpox to increase public awareness and prevention.

Recognising the recent increase in the number of chickenpox cases, please see the important information to protect your health.

Incubation Period

Symptoms appear 10–21 days after exposure and typically last 5–10 days

Signs and Symptoms

- Fever
- Tiredness
- Loss of appetite
- Headache
- Sore Throat
- Itchy rash that starts as red spots and develops into fluid-filled blisters. A scab is then formed when the blister is broken and heals in about 5-7 days

Vaccination

- Vaccine prevents almost all cases of severe disease.
- It is safe and effective.
- Children under 13 years should receive two doses of the vaccine the first dose at 12 through 15 months old and a second dose at 4 through 6 years old.
- Children 13 years and older and adults who have never had chickenpox should get two doses of chickenpox vaccine at least 28 days apart

Treatment & Care

- There is no cure for shingles but symptoms can be managed at home
- Use calamine lotion to relieve itching
- Take cool oatmeal baths for comfort
- Use paracetamol (NOT aspirin) for fever
- Keep nails trimmed to prevent scratching and scarring
- Drink plenty of fluids and rest
- Antiviral medication may be prescribed for high-risk patients by your doctor

Just for GEMS -Women



The Baby-Friendly Unit of the Eastern Regional Health Authority (ERHA) hosted the **Beyond Breastfeeding: Pampering, Preserving and Sustaining Just For Gem Women** event, on 27th June, 2026, at the Sangre Grande Enhanced Health Centre, reaffirming its commitment to promoting holistic maternal and infant health.

The initiative provided mothers, expectant mothers and women across the region with access to comprehensive health education, preventative healthcare services and wellness support that extended beyond breastfeeding. Recognising that maternal and infant health encompasses physical, emotional and mental well-being before, during and after breastfeeding, the event offered a wide range of services in one convenient setting.

Participants received vital health screenings;

breastfeeding education and support; mental health services; Pap smears; HIV testing; Jadelle contraceptive implant insertions and removals; nutrition guidance and self-care packages. They also participated in wellness activities, personal self-care treatment, including waxing services among others and enjoyed the delicious offerings at the tea station.

This initiative brought several essential services together and the team was able to empower women and families to make informed health decisions while fostering healthier lifestyles and developing stronger support systems. The ERHA recognises that maternal and infant healthcare extends beyond breastfeeding and promotion and underscores its continued dedication to providing quality healthcare.

Poison Management & First Aid Training

Panic often occurs during an emergency, causing people to react slowly or ineffectively. By empowering persons with the knowledge and skills needed to act decisively, it enables them to take charge of the circumstances and turn fear into action.

Members of the Mayaro Community were invited to participate in a Poison Management and First Aid training session to improve their ability to act quickly in emergency situations. The training

was conducted by the Health Education Department, Nariva/Mayaro at the Mayaro Civic Centre on 25th June, 2026.

During the session Mr. Kerwin Stephens, Pharmacist III, discussed poisonous animals and the harmful effects their venom can have on the body, appropriate treatment measures and steps persons can take if bitten by a poisonous animal.

Take the Test & Take the Next Step



ERHA Team at Villaz's Restaurant and Lounge, Valencia

Every HIV test is a step toward better health, empowering individuals to know their status, access care early and protect themselves and those they love.

In commemoration of Regional HIV Testing Day, the Valencia Outreach Centre hosted an HIV Rapid Testing and Health Fair at Villaz's

Restaurant and Lounge, Valencia Old Road, Valencia on Saturday 27th June, 2026. This year's theme **"Take the Test & Take the Next Step"** encourages individuals to know their HIV status as it is the first step toward protecting their health, accessing care and building healthier communities.

21 persons took the step to empower themselves and accessed services such as HIV testing and counselling; blood pressure testing; blood sugar testing; body mass index and vaccination. The health fair was supported by the Health Education and Medical Social Work Departments as educational lectures on sexual health, stress management and mental health were delivered.

Health outreach activities such as this are important to increase access and to provide individuals with the tools for a healthy lifestyle.

Building a Healthy Future, Bite by Bite



National Nutrition Awareness Week (NNAW) is commemorated annually by the Trinidad and Tobago Association of Nutritionists and Dietitians (TTANDi) during the first week of June.

This year's theme, **"Building a Healthy Future Bite by Bite"** focused on fostering sustainable eating habits with specific emphasis on primary and secondary school students. The goal was to highlight how early nutritional intervention can prevent Non-Communicable diseases and improve long-term health.

On 29th June, 2026 the Nutrition Department, Nariva/Mayaro, participated in the Rio Claro Presbyterian Primary School Orientation Day. Approximately **31** students and their parents were provided with practical guidance on promoting healthy eating habits. To help parents understand the benefits of building a healthy future, the acronym **B.I.T.E.** was used:

- B** - Begin the day with a balanced, nutritious breakfast
- I** - Include fruits and vegetables with meals and snacks daily
- T** - Thirst should be quenched with water instead of sugary drinks

E - Eat food that is grown. We encouraged home gardening

The department also partnered with the schools' 4-H Club to provide parents with seedlings to encourage them to grow their own foods. Nutrition board games were also provided to the school to use as a tool for students to learn about nutrition while having fun. Parents and students viewed a Food Art & Nutrition Display which showcased creative ways to make healthy foods more appealing to children.

To support continued learning at home, parents were provided with take-home activity sheets for children; kid-friendly recipes and nutritious smoothie samples & recipes; a guide to healthy eating and educational materials highlighting the benefits of water.

In an effort to increase awareness among other stakeholders, a social media campaign was conducted on the Eastern Regional Health Authority's Facebook page to provide simple, actionable advice to build healthy eating habits.



FATHER'S DAY *Giveaway*

WINNER



Kerry Songui

CONGRATULATIONS!



HAPPY Father's Day

Today we honour the fathers and father figures whose strength, compassion and guidance help build healthier families and stronger communities.

Thank you for caring and being a positive influence in the lives of the nation's children. Wishing you a joyful, healthy and Happy Father's Day.

*From the Board and Management of
the Eastern Regional Health Authority.*



www.erha.co.tt



Erha Trinidad & Tobago

"Caring is the Key"

Important Safety Practices When Dealing With Infectious Diseases

Proper hand hygiene is the single most effective way to prevent the spread of infections in a healthcare setting.

According to the World Health Organization (WHO), all staff must practice effective hand hygiene. The WHO and Authority's infection prevention protocols recommend:

"Five Moments for Hand Hygiene":

- Before touching a patient
- Before clean/aseptic procedures
- After body fluid exposure risk
- After touching a patient
- After touching patient's surroundings

Demonstration of Proper Hand washing technique

How to Handwash?

WASH HANDS WHEN VISIBLY SOILED! OTHERWISE, USE HANDRUB

 Duration of the entire procedure: 40-60 seconds



Wet hands with water;



Apply enough soap to cover all hand surfaces;



Rub hands palm to palm;



Right palm over left dorsum with interlaced fingers and vice versa;



Palm to palm with fingers interlaced;



Backs of fingers to opposing palms with fingers interlocked;



Rotational rubbing of left thumb clasped in right palm and vice versa;



Rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa;



Rinse hands with water;



Dry hands thoroughly with a single use towel;



Use towel to turn off faucet;



Your hands are now safe.

Safe Use of Personal Protective Equipment

The appropriate use of Personal Protective Equipment (PPE) helps to prevent and reduce the risk of exposure and transmission of infectious agents during the delivery of patient care.

- PPE must be used in conjunction with other infection prevention and control measures, including hand hygiene and the implementation of specific isolation precautions based on the mode of transmission of the infectious agent.
- Gloves, gowns, face masks, face shields, eye protection should be used for low-level and for high-level full PPE in addition to hair covers, shoe cover, different levels of gowns/Tyvek suits and respirators.
- Safe donning and duffing - practice safe sequences for putting on and taking off PPE to avoid self-contamination.
- Always perform hand hygiene after removal of PPE.
- Environmental and Waste Management - use surface disinfectant, clean high-touch surfaces regularly with hospital-grade disinfectant.
- Sharps Safety - handle needles and other sharps with extreme care and dispose of them immediately after use in designated puncture-resistant bins.
- Biohazard Waste - segregate and dispose of infectious waste and sharps according to World Health Organization guidelines.

COLOUR CODING FOR WASTE MANAGEMENT

CATEGORY	EXAMPLES	COLOUR OF BIN LINER	
Non-infectious	Paper, packaging materials, plastic bottles, food, cartons	BLACK	
Infectious Waste/ Non-toxic pharmaceutical waste	Waste from Isolation rooms, gloves, dressings, blood, body fluids, used specimen containers	YELLOW	
Highly Infectious Waste (Anatomical and Pathological) • Toxic Waste	Human tissues, organs, body parts, human foetuses, animal carcasses and healthy body parts. • COVID-19 • All toxic waste generated • HIV • Ebola	RED	
Sharps	Needles, syringes, infusion sets, scalpels, knives, blades, broken glass	RED puncture-proof container with biohazard symbol	

Radioactive Symbol



Biohazard Symbol



Source: *Reid, Una V, (2005). DO NO HARM. Injection safety in the context of infection control, p. 156, Washington, DC: JSI, Inc.
Ministry of Health Trinidad and Tobago Infection Prevention and Control Policy and Guidelines for Health Care

Retirement Feature



Mr. Martial Renales,

Mr. Martial Renales, worked at the Eastern Regional Health Authority (ERHA) for 39 years. He assumed duties as a Daily Paid, **Male Labourer**, on July 23, 1986 and subsequently became a **Hospital Attendant I** with effect from February 16, 2001.

Throughout his years of service, he built meaningful relationships with colleagues and patients alike, always carrying out his duties with professionalism, compassion and respect. He provided valuable support across various departments within the Hospital. His positive attitude, strong work ethic and genuine concern for the well-being of others have left a lasting impression on everyone who had the privilege of working alongside him.

The ERHA extends our heartfelt appreciation for his many years of dedicated service.

He will be greatly missed by his colleagues in the Hospital Attendant Department and by the many individuals whose lives he touched, throughout the hospital community. His time with us will always be remembered and his contributions to patient care will never be forgotten. Congratulations to Mr. Martial Renales on his retirement, we wish him good health and happiness in the years ahead.

Happy Retirement Mr. Martial Renales

"Caring is the Key"

Retirement Feature



Ms. Dedra Baptiste-Hackett

Ms. Dedra Baptiste-Hackett worked at the Eastern Regional Health Authority for 10 years. She assumed duties on January 25, 2016 as a **Nursing Assistant** and achieved permanency on February 01, 2017.

Throughout her tenure, she consistently demonstrated an outstanding level of performance. Ms. Baptiste-Hackett displayed excellent work ethics, maintained a calm and pleasant disposition, was reliable, an excellent team player and possessed excellent communication skills. One of her most admirable qualities was her, regularity and punctuality. She executed her duties diligently, with a strong sense of professionalism. Ms. Baptiste-Hackett built strong relationships with her colleagues and patients alike. These connections helped shape her into a well-rounded individual who assisted people from all walks of life at the various departments at the Hospital.

Ms. Baptiste-Hackett retired on June 14, 2026.

Happy Retirement Ms. Dedra Baptiste-Hackett

"Caring is the Key"

In Loving Memory



Angelie Lochan

Ms. Angelie Lochan, commonly known as Angie.

A Pharmacist like no other.

On May 20th 2026, the community of Sangre Grande and by extension the staff and members of the public in the Eastern region, paid a final farewell to a stalwart of the pharmacy department of the Eastern Regional Health Authority.

In the early 1990's Ms. Lochan came to work in the Sangre Grande area as a Ministry of Health Pharmacist I. During that time, she made the daily commute to work in far rural communities like Matelot and Grande Rivière where she immersed herself and made lifelong friends in each place she worked. She usually travelled with clinical and other staff to the North Coast and she utilised these opportunities to strengthen the team.

She was later posted to the old Sangre Grande Health Centre pharmacy, where she remained as the Pharmacist in charge for approximately ten years. There she continued to immerse herself in the community she served and the compassionate skills and excellent caliber of pharmaceutical care that she provided to the clients, both young and old, of varying backgrounds, resulted in her becoming adopted by many families as their lifelong daughter, sister and friend. She was always there to share with them at birthdays, weddings, prayers and happy times and also there to support them as best as she could in their trying times.

In the early 2000's, Ms. Lochan transitioned from community pharmacy services and was promoted team leader and Pharmacist in charge of the Sangre Grande Hospital. This was a turning point in her career and indeed in the entire hospital pharmacy history.

Ms. Lochan recognised the need to promote continued education and with the assistance of colleagues she partnered with various pharmaceutical companies to introduce for the first time, weekly education seminars for doctors and pharmacists at the hospital. She was not

the type to settle for mediocrity and built a reputation for service excellence. Pushing her team to the limit, she recognised their strong points and encouraged us all to develop professionally and personally while she mentored us and sought opportunities to provide advancement. Utilising her tough love method the Pharmacy Department was transformed into a beacon providing excellent services. Under her stewardship early opening hours were introduced, the Poison Information Centre with a hotline and clinical rounds were started. The ERHA also partnered with the University of the West Indies to approve the Sangre Grande Hospital as the training site for pharmacy students. Ms. Lochan later went on to become our PSA representative and successfully negotiated the re-classification of pharmacists from the technical to professional grade which was a major accomplishment nationwide.

In 2003, I suggested she join the Caribbean Association of Pharmacists, which she did. Ms. Lochan attended numerous conferences throughout the islands and willingly shared a wealth of knowledge and new perspectives with her team upon her return.

Under her distinguished leadership staff were recognised and valued. Several awards were received which included:

- The Ministry of Health's National Health Sector Quality for Secondary Care both in 2005 and 2006.
- The Award for the shortest waiting time in a public institution in 2005.
- The Most Innovative Service Project for our Poison Centre in 2005.

It was truly an honour to have known and worked with Ms. Angie Lochan who has left a positive impression throughout the ERHA as a teacher, an excellent mentor and a true friend.

Written by Mr. Andre Ali, Pharmacist II.





Commendations to Staff

Shereen Karina Mohammed

Good evening my Sangre Grande people..

I just had to come here to post this

A Special Thank You to Amy at Sangre Grande Hospital

Today I would like to recognize a wonderful lady, Amy, who works as a clerk upstairs at Sangre Grande Hospital.

In a world where kindness can make all the difference, Amy consistently shows compassion, patience, and genuine care to everyone she meets. Her warm smile, helpful attitude, and willingness to go the extra mile help make what can often be a stressful experience much easier for patients and their families. People like Amy are a true blessing to our community. Her dedication and professionalism do not go unnoticed, and she deserves recognition for the positive impact she has on so many lives.

Thank you, Amy, for your kindness, hard work, and the care you show every day. Sangre Grande Hospital and our community are fortunate to have you.

🌸 "Kindness is a language that everyone understands, and Amy speaks it beautifully." 🌸

***Sent via Facebook by Shereen Karina Mohammed
June 25 2026***

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



Commendations to Staff

Commendation for Dr. Nadine Williams and professional excellence.

It is with great pleasure and sincere appreciation that I extend this commendation to Dr. Nadine Williams of the Sangre Grande Enhanced Health Centre for her outstanding dedication to patient care and professional excellence.

Dr. Williams consistently exemplifies the highest standards of medical practice through her compassion, patience, empathy and unwavering commitment to the well-being of her patients. She possesses a remarkable ability to listen attentively, provide reassurance, and counsel patients in a manner that inspires confidence and trust in her medical expertise and clinical decisions.

What truly distinguishes Dr. Williams is her willingness to go above and beyond the call of duty. Her dedication does not end when a patient leaves her office. She takes the initiative to follow up with patients through personal phone calls, ensuring that they are progressing well and adhering to their treatment plans. This level of care demonstrates a genuine concern for her patients that is both rare and admirable.

Additionally, Dr. Williams displays exceptional knowledge and mastery within her field. Her professionalism, competence and confidence are evident in every interaction, providing patients with a sense of security and assurance that they are receiving the highest quality medical care available.

In an era where healthcare professionals face immense challenges and demands, Dr. Williams serves as an exemplary model of what patient-centered care should be. Her dedication, kindness, and excellence have undoubtedly made a meaningful and lasting impact on me and members of my family; and I am certain the lives of countless individuals within the Sangre Grande community.

The Sangre Grande Enhanced Health Centre is truly fortunate to have a physician of Dr. Williams' caliber on its team. Her efforts deserve the highest recognition and appreciation.

Thank you, Dr. Williams, for your exceptional service, unwavering commitment, and the profound difference you continue to make in the lives of your patients every day.

Hats off to you, Dr. Williams. Your excellence does not go unnoticed.

***Sent via Facebook by Kareem Durity
June 15, 2026***

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



Earthquake Preparation

What is an Earthquake?

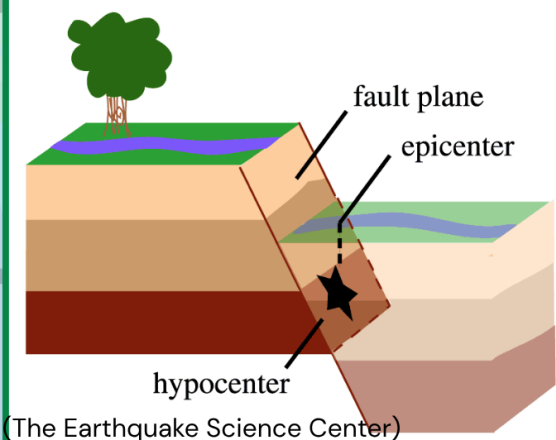
According to the United States Geological Survey (USGS) an earthquake is when two blocks of earth slip past each other suddenly. The surface area where the slip occurred is referred to as the fault plane. The location below the surface of the earth where the quake starts is called the hypocenter and the location above on the surface of the earth is the epicenter.

Earthquakes can bring about foreshocks which are smaller earthquakes that lead to a larger one in the same place as the subsequent quakes. The largest earthquake is called a mainshock and may be followed by smaller earthquakes in the same place commonly known as aftershocks which may continue for weeks or up to years depending on the size of the mainshock.

Recently, a devastating pair of 7.2 and 7.5 magnitude earthquakes struck the country of Venezuela at a depth of 20.3 km and 10 km respectively. These earthquakes injured, approximately 16,740 persons and caused the death toll to cross over 3,800 persons. This death toll is still rising and the deceased that have already been found are being buried in mass graves while many that are still alive are without power, water or food (Emily Shapiro, 2026). This is why preparation is of utmost importance for our small island developing state as we are able to mitigate some of the impacts associated with earthquakes.

A Normal (Dip-Slip) Fault

By [Earthquake Science Center](#)



(The Earthquake Science Center)

Earthquake Preparedness:

Before

- Prepare a personal emergency kit (food, water, flashlight, first aid kit and important documents).
- Participate in drills
- Prepare your house and workplace by anchoring heavy furniture like TVs to the wall, moving heavy items to lower shelves and check for possible falling objects close to sleeping areas.
- Create a family emergency plan.
- Know the evacuation area and safe spots.
- Know the hazards.

During

- If indoors **DROP, COVER & HOLD.**
- If outside, move to an open area away from walls and power lines.
- Stop if inside a moving vehicle.
- If near shore move quickly to higher grounds.

After

- Evacuate!
- Expect there to be aftershocks.
- Check yourself and others for injuries.
- Put out small fires using extinguishers.
- Be up-to-date!



(AP Photo/Javier Campos)

Fire: 990 Ambulance: 811 Police: 999 ODPM: 511 T&TEC: 800-8832

Regional Corporations DMU Hotlines: Sangre Grande: 800-7472, Mayaro/Rio Claro: 800-4672

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



June 2026

Sangre Grande Hospital Campus

Ojoe Road, Sangre Grande
Tel: 228-3742/226-4744/668-2273
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: 280-9781/668-9053

Brothers Road Outreach Centre

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

Coryal Outreach Centre

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

Cumana Outreach Centre

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

Cumuto Outreach Centre

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

Grande Riviere Outreach Centre

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

Guayaguayare Outreach Centre

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

Manzanilla Outreach Centre

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

Matelot Outreach Centre

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

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

Sans Souci Outreach Centre

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

Rio Claro Accident and Emergency

Tel: 226-9230

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: 226-9353

Toco Accident and Emergency

Tel: 226-9428

**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