



The Eastern *Vibes*

August 2026, Issue #145

Monthly Newsletter 2026

Fostering Team Spirit Through Friendly Competition



Bullseye could be heard echoing through the halls at the Sangre Grande Hospital Campus Conference Room on 28th August, 2026 as staff gathered for an afternoon of friendly competition, laughter and camaraderie.

The Corporate Communications Department, in collaboration with the Sports and Cultural Committee, hosted an All Fours and Ludo Tournament for members of staff.

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Fostering Team Spirit Through Friendly Competition Cont'd

The initiative was designed to boost staff morale, promote healthy competition and provide staff with an opportunity to relax, unwind, de-stress and improve mental health.

Teams representing Head Office (HO), Sangre Grande Hospital Campus (SGHC), Nariva/Mayaro (NAMA) and St. Andrew/St. David (STAD) competed for bragging rights, while their enthusiastic colleagues cheered from the side-lines and supported their respective teams.

The event also received the support of Directors David John, Michelle Soondar and Mrs. Angelina Rampersad-Pierre, Chief Executive Officer, who encouraged the participating teams. Adding a community touch to the Ludo competition was a specially invited guest player from the Sangre

Grande community, 12-year-old Ms. Kalima Peters. Ms. Helen Kamini Sankar and Mr. Allan Charles officiated the All Fours Competition, while Mr. Andrew Brooks served as the official for the Ludo Competition to ensure fairness and maintain the integrity of the competition.

At the end of the competition, HO emerged victorious in the Ludo competition, overcoming STAD, NAMA and SGHC to claim first place. In the All Fours Competition, NAMA took the top spot after recording the most bullseyes while SGHC placed second and HO in third place.

See results below.

All Fours Competition Winners

1st Place Team	Naomi Gibbs and Collin Clarke	Nariva/Mayaro
2nd Place Team	Rakesh Ragoobar and Shalini Baksh	Sangre Grande Hospital Campus
3rd Place Team	Trisha Ramrearsingh and Justin Montrose	Head Office
First Hang Jack	Narish Williams and Kerwyn Duncan	Nariva/Mayaro
Most Hang Jacks	Narish Williams and Kerwyn Duncan	Nariva/Mayaro
Most Bullseye	Naomi Gibbs and Collin Clarke	Nariva/Mayaro
First Game in Tournament	Narish Williams and Kerwyn Duncan	Nariva/Mayaro
Fourteen-Nil	Naomi Gibbs and Collin Clarke	Nariva/Mayaro

Ludo Tournament Winners

1st Place	Charisma Puckerin Substituted for Viklin John	Baby Friendly Hospital Initiative – Head Office
2nd Place	Triston Thomasos	St. Andrew/St. David
3rd Place	Nathan Maxwell	Nariva/Mayaro
First person to “knock out” another player	Karishma Kheerai	Sangre Grande Hospital Campus
First person to “get one token home”	Viklin John	Baby Friendly Hospital Initiative – Head Office
First person to “get all four tokens home”	Nathan Maxwell	Nariva/Mayaro
Person who understands the game	Triston Thomasos	St. Andrew/St. David



Highlights of the Ludo Tournament and Winners



Highlights of the All Fours Competition



Winners of the All Fours Competition



The Eastern Region Welcomes its Second Delivery of Triplets

Ms. Apphia Bissessar, mother of three healthy babies, received comprehensive care from a dedicated multidisciplinary clinical team throughout her delivery.

This marks the second time that triplets have been successfully delivered at the Sangre Grande Hospital Campus, representing another significant milestone for the facility and the Eastern Regional Health Authority.

Mrs. Angelina Rampersad-Pierre, Chief Executive Officer, Ms. Eleanor John-Eccles, General Manager-Nursing, Dr. Chukwuma Akibor, Head of Department, Obstetrics and Gynaecology and staff from the respective teams congratulated Ms. Bissessar on the new additions to her family and presented her with a hamper and fruit basket.

The successful delivery was made possible through the collaborative efforts of healthcare professionals from the Obstetrics and Gynaecology, Paediatrics, Neonatal, Nursing Anaesthesia, and Operating Theatre teams, along with other members of the respective teams.

This achievement highlights the commitment, expertise and teamwork of the healthcare professionals at the Sangre Grande Hospital Campus in providing safe, high-quality and compassionate care to mothers and newborns.

The Eastern Regional Health Authority extends heartfelt congratulations to Ms. Bissessar and her family and commends the multidisciplinary team for their dedication and professionalism in ensuring the safe delivery and care of the newborns.

The multidisciplinary clinical team included:

- Dr. Chukwuma Akibor
- Dr. Dariel Bunbury
- Dr. Chelsea Providence
- Dr. Anesh Lalram
- Dr. Kristyn Frenche-Vincent
- Dr. Christine Leopold
- Dr. Salma Mohammed
- Dr. Asha Pemberton
- Dr. Carisse Thomas
- Dr. Delise Charles
- Dr. Rameshdath Roop
- Dr. Stefan Murray
- Dr. Colanne Alexander
- Dr. Shimeka McKain
- Dr. Varma Penmesta
- Dr. Amanda Seepersad
- Dr. Onika Narine
- Dr. Lisa Wilson
- Ms. Ellen Campbell
- Ms. Joyce Spencer
- Ms. Tushana McClatchie Ali
- Ms. Aneisa Antoine
- Ms. Melina Goddard
- Ms. Josselyn Rochford
- Ms. Vonetta James



Ms. Apphia Bissessar and Mr. Dominic Charles parents of the triplets receive tokens from Mrs. Angelina Rampersad-Pierre, Chief Executive Officer and Ms. Eleanor John-Eccles, General Manager-Nursing and other members of staff.

Breastfeeding for a Sustainable Start in Life: Strengthen What Works

Every mother deserves the support, knowledge and encouragement she needs to give her baby the best possible start in life.

In recognition of World Breastfeeding Week 2026, the Baby-Friendly Hospital Initiative (BFHI) Unit in collaboration with the Health Education and Quality departments, National Breastfeeding Coordinating Unit and The Breastfeeding Association of Trinidad and Tobago conducted a series of activities aimed at increasing awareness on the benefits of breastfeeding and strengthening breastfeeding support. The BFHI Unit also engaged with mothers, families, healthcare workers and other stakeholders in the promotion of optimal infant and young child feeding practices.

119 persons participated in the month-long activities which created opportunities for education, discussion and hands-on learning among staff, clients and community members.

These included:

- Webinar via Google meet
- **"What you Know on Breastfeeding"** in the Mayaro, Cumuto and Toco Communities
- Respectful Maternity Care & Policy sensitisation for staff
- Care package distribution to clients who exclusively breastfed for up to 6 months
- Care package distribution to clients delivering during 1st - 7th August, 2026
- Spot checks with staff at both Primary and Secondary Care
- Practical sessions on Kangaroo Care wrapping for preterm and unwell infants with both staff and clients

Activities such as these highlighted how creating supportive environments can help mothers feel empowered to continue breastfeeding and give their children a strong and healthy start in life.

See highlights below



Strengthening SARI Sentinel Surveillance



On 14th August 2026, key stakeholders gathered at the Sangre Grande Hospital Campus to discuss the establishment and operationalisation of the facility as a sentinel site for Severe Acute Respiratory Infection (SARI) surveillance in Trinidad and Tobago.

The Sangre Grande Hospital Campus (SGHC) has been identified as a suitable location for sentinel surveillance, primarily due to its strategic geographical position and the extensive population it serves within the Eastern Regional Health Authority (ERHA) catchment area.

SARI is defined as an acute respiratory infection characterised by a history of measured fever of $\geq 38^{\circ}\text{C}$, cough with onset within the preceding 10 days and a requirement for hospitalisation.

The meeting was led by Dr. Artee Bridgelal, Primary Care Physician II, Public Health Observatory and brought together key representatives from the Ministry of Health (MOH) and the Pan American Health Organization (PAHO). During the discussions, Dr. Ornella Cyrus, Consultant, PAHO, highlighted that PAHO is transitioning from a standalone

SARI surveillance approach towards Integrated Respiratory Virus Surveillance. This broader framework will capture data on Acute respiratory infections (ARI), SARI, Influenza-like illness (ILI) and other viral respiratory illnesses.

Discussions concluded with agreement on the importance of continued collaboration among the ERHA, MOH and PAHO to support the establishment of the SGHC as a sentinel site under the Integrated Respiratory Virus Surveillance framework.

A site visit was also conducted to assess the proposed surveillance pathway and identify potential operational gaps. Once established, the sentinel site is expected to strengthen Trinidad and Tobago's capacity for the routine surveillance, early detection, monitoring and reporting of respiratory viruses and other respiratory illnesses of public health importance.

The initiative represents an important step towards strengthening respiratory disease surveillance and supporting timely public health action to protect communities across Trinidad and Tobago.

Ward Feud



Workplace trivia competitions provide an engaging way to boost employee morale, encourage cross-team communication and foster inclusive social bonding in a relaxed, low-pressure environment.

As part of the ongoing commitment to strengthen IV Therapy practices, the Nursing Supervisors' Office, Sangre Grande Hospital Campus (SGHC), hosted an IV Therapy Ward Feud Competition on 14th August, 2026 at the Extended Care Unit (ECU) SGHC.

The competition brought together staff from Paediatric, Maternity, Medical and Surgical Wards 1 & 2; Neonatal Intensive Care Unit; Operating

Theatre; ECU, Wound Care; Gynaecology and Oncology Departments. Participants were asked questions based on IV access, infiltration, extravasation prevention and management and IV Therapy safety practices.

Gynaecology ward supported by the Head Nurse of the ECU and a Registered Nurse from the Oncology Department emerged as the first-place team while Paediatric Ward secured second place.

Activities such as these demonstrate that learning can be both engaging and impactful, while ultimately contributing to safer, quality patient care.

Empowering Adolescents for a Healthier Future



Members of the Nariva/Mayaro Nutrition Department

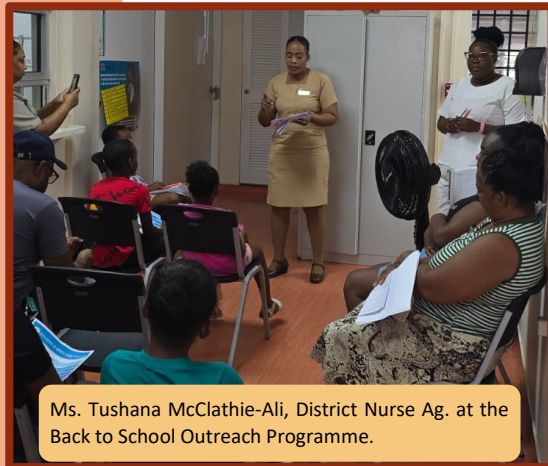
According to Pan American Health Organization, many risk factors associated with non-communicable diseases (NCDs), are linked to behaviours and lifestyles habits established during adolescence.

Pan American Health Organization

Recognising the importance of early intervention, the Nariva/Mayaro Nutrition Department launched the "***Families for Better Nutrition***" a 9 month programme on 3rd-14th August, 2026. It was designed to empower adolescents between the ages 10 and 19 years old to make informed decisions, build healthier habits and take proactive steps towards reducing their risk of NCDs.

Over **45** persons registered for the programme and will benefit from in-person medical and nutritional consultations, health screening, periodic health checks, meal planning, recipes and health educational resources. The Nutrition department alongside a multidisciplinary team will also provide regular virtual online group support.

Building Healthier Habits from an Early Age



Ms. Tushana McClathie-Ali, District Nurse Ag. at the Back to School Outreach Programme.

On 24th August, 2026, a Back-to-School Outreach programme was held at the Matelot Outreach Centre aimed at promoting healthy practices and wellness among children and their parents in the Malelot community.

26 children participated and learned practical ways to stay healthy as they returned to the classroom. They were educated on the benefits

of making positive healthy choices and maintaining a healthy lifestyle. The Health Education Department St. Andrew/St. David conducted an interactive session on topics such as healthy snacks; benefits of staying hydrated; hygiene; bullying and the HPV Vaccine.

In recognition of Independence Day, children also participated in a short quiz on the National Emblems of Trinidad and Tobago, adding an element of national pride to the day's activities. They were also given stationery supplies to support their learning.

The activity highlighted the importance of equipping children with the knowledge, tools and healthy habits they need to thrive both in and outside the classroom.

Empowering Communities Through Health Education



The Health Education, Nutrition and Medical Social Work departments St. Andrew/St. David mounted health education booths at Creative Haven's 5th Annual Emancipation Day celebrations on 1st August 2026, at the Northeastern Multipurpose Complex, Ojoe Road, Sangre Grande.

Members of the public who attended the event to learn more about the history of African

Emancipation and participate in the cultural event, left being educated on various health topics.

Clients received information on: Men's Health, Women's Health, Non-communicable Diseases; Dangers of Tobacco Smoke, Vaping and Alcohol Use. The Nutrition and Medical Social Work Departments also provided educational brochures to support healthy lifestyle choices.

Persons also took the opportunity to access basic health screening such as blood pressure and blood sugar testing.

Nurturing Healthy Habits, One Lunchbox at a Time



Good nutrition plays a vital role in a child's growth, development and overall well-being. According to the World Health Organization, "The food children eat at school and the environments that shape what they eat, can have a profound impact on their learning and lifelong consequences for their health and well-being." World Health Organization

Recognising the importance of nutrition education and healthy eating habits from an early age, the Nutrition Department, St. Andrew/St. David, launched, **"Island Champs: The Back to School Lunchbox Challenge."** The two-weeks online campaign,

held from 17th-28th August, 2026 encouraged children between the ages of 9 to 13 to build balanced lunchboxes using Trinidad and Tobago's six food groups.

Ahead of the challenge, the department shared a series of **"Champion Secrets,"** featuring the department's mascot, Chef Capuchin. Through these fun and educational tips, children and parents received simple, practical guidance on building a well-balanced lunchbox. For the challenge, children had the task of creating a healthy lunchbox incorporating foods from the six food groups: staples, legumes, food from animals, fruits and vegetables and fats and oils. Parents then submitted photographs of their children's colourful and nutritious champion lunchbox.

Every child who participated in the challenge received a Champion Certificate, to recognise their effort and commitment to create a healthy lunchbox. Among the entries, two standout lunchboxes captured the top spots, with one earning first place and another named runner-up. Their prizes were collected on their behalf by their mothers, Sandy Derrick-Rivers and Vindra Ramdass-Harridath.

Relaunch of the Biche Chronic Disease Support Group

The Biche Chronic Disease Support Group was given a fresh start as it relaunched on 5th August, 2026 at the Biche Wellness Centre.

The initiative brought existing members together while welcoming **12** new participants into the group, creating opportunities for connection, support and shared learning.

The group continued this momentum with a follow-up meeting on 20th August 2026, where members actively participated in the election of the group's executive. The election provided members with an opportunity to have their voices heard and played a meaningful role in shaping the group's leadership and future direction.

Eastern C.O.P.S. Summer Camp Career Day



The Eastern Regional Health Authority (ERHA) participated in a Summer Camp Career Day hosted by the Trinidad & Tobago Police Service Community Oriented Policing Section (C.O.P.S) Eastern Division at the Sangre Grande Secondary School on 5th August, 2026.

Ms. Kezia Philip, Health Education Officer and Ms. Mica Gonzalez, Health Education Assistant (OJT) facilitated a health education booth where they introduced the dangers associated with tobacco use to **70** young participants and encouraged them to make healthier choices for their health.

Other participating departments included: Nutrition, Medical Social Work, Phlebotomy, Medical Laboratory Technician and Clinicians including Nurses and Doctors who offered campers insight into the many career paths available within healthcare.

Through these interactions, they learned about different career opportunities they can explore and gained appreciation for the role healthcare professionals play in serving our communities.

Connecting Communities with Health Information



Ms. Sherifa Ali, Health Education Aide at the Charity TT's Start Strong Community Day of Prayer and Celebration

Strong Community Day of Prayer and Celebration on 22nd August, 2026 at the Duranta Community Centre, Ojoe Road, Sangre Grande.

Ms. Sherifa Ali, Health Education Aide, shared information on a range of important health topics, including non-communicable diseases; men's health; women's health and the dangers of tobacco smoke, vaping and alcohol use. Community members were encouraged to ask questions, seek information and make informed choices that could positively impact their health and well-being.

In an effort to encourage community members to take meaningful steps towards better health, the Health Education Department, St. Andrew/St. David, participated in the Charity TT's Start

Strengthening Infection Prevention Practices Across Our Health Facilities



Ms. Vashti Rampersad, Infection Control Nurse demonstrates the proper hand washing technique

Creating a safe healthcare environment is a shared responsibility. With this in mind, the Health Education Department collaborated with the Infection Prevention and Control (IPC) and Occupational Safety and Health (OSH) departments to facilitate a series of IPC training sessions for various staff throughout County Nariva/Mayaro.

The sessions were tailored to capture different

categories of staff including Heads of Department, Domestic and Nursing on 4th, 17th and 27th August, 2026 respectively at the Conference Room at County Health Administration Building, Rio Claro.

The training sessions focused on strengthening staff knowledge of infection prevention and control practices and reinforcing the importance of following recommended IPC measures in healthcare settings. Participants were also reminded that each member of the healthcare team plays an important role in maintaining a safe, clean and hygienic environment for patients, visitors and fellow healthcare workers.

Making Health and Wellness a Community Priority



Mr. Peter Jeffrey, Health Education Officer at the Pop-Up Clinic at the Cushe/Biche Recreation Ground

Throughout the month of August, the Health Education Department, Nariva/Mayaro participated in several community based health promotion activities aimed at increasing health awareness and encouraging healthy lifestyle practices.

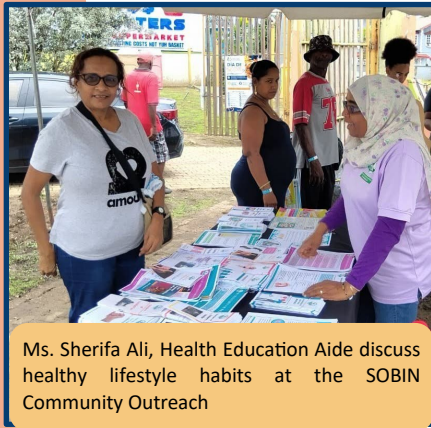
On 8th August, 2026, **25** persons attended a Health Education booth facilitated by the department at a Pop-Up Clinic at the Cushe/

Biche Recreation Ground. The team engaged with several community members, shared health information, promoted healthy living and highlighted available health services.

On 12th August, 2026, the department conducted a Health and Wellness lecture for the Golden Members Club at the Rio Claro Public Library. During the session, Mr. Peter Jeffrey, Health Education Officer, focused on health and wellness topics relevant to mature adults while encouraging participants to take proactive steps towards maintaining their well-being.

The department also supported the Guayaguayare Oilfield Workers Reunion at the BPTT Resource Centre on 16th August, 2026 by providing a Health Education booth. The activity promoted health awareness, disease prevention and healthy lifestyle practices.

ERHA Participates in the SOBIN Community Outreach



Ms. Sherifa Ali, Health Education Aide discuss healthy lifestyle habits at the SOBIN Community Outreach

Health education plays an important role in empowering individuals with the knowledge and skills needed to make informed health decisions, adopt healthier behaviors and take proactive steps towards preventing illness.

The Health Education Department, St. Andrew/St. David participated in the SOBIN Community Outreach at the Monte Cristo Park, Sangre Grande on 2nd August, 2026 where Ms. Sherifa Ali, Health Education Aide facilitated an educational booth

43 persons visited the booth and were provided with information on how to adopt healthier lifestyles and simple routines to assist with healthy behavioral change. Topics covered include non-communicable diseases; men's and women's health; the dangers of tobacco smoke and vaping and alcohol use.

Visitors also asked questions based on their personal experiences and received educational brochures for future personal reading.

Promoting Health and Wellness at the Sangre Grande Police Station



Police Officers due to demanding workloads often neglect their health. Recognising police officers are at high risk for having lifestyle diseases, the Eastern Regional Health Authority decided to take healthcare to them.

Members of the police service benefited from a day of health education, screening and wellness services as the Eastern Regional Health Authority brought its outreach efforts to the

Sangre Grande Police Station Conference Room on 25th August 2026.

The educational booths provided officers with practical information on several important health topics. Services provided include: blood pressure and blood sugar testing, vaccination and vision screening. Educational lectures were also conducted by the Health Education, Nutrition and Medical Social Work Departments.

Bringing Health Education Closer to Our Communities

For many people living with or at risk of chronic diseases, having the right information can make a meaningful difference in managing their health.

The Health Education Department, St. Andrew/St. David continued its efforts to empower clients with knowledge for better health by facilitating educational lectures at the Valencia, Manzanilla, Cumuto, Coryal, Matura, Cumana and Malelot Outreach Centres, Toco Health Centre and Sangre Grande Enhanced Health Centre.

621 clients attending the Chronic Disease, High-Risk, Child Health and Antenatal clinics participated in the sessions. The lectures focused on Diabetes, Hypertension and High Cholesterol, providing clients with practical information on signs and symptoms, effective management and ways to reduce the risk of complications.

Clients were advised of the following:

- ♦ **Non-communicable diseases (NCDs)**, also known as lifestyle diseases, are conditions that cannot be spread from person to person. They are generally long-term and progress slowly.
- * Common NCDs include **diabetes**, **hypertension (high blood pressure)** and **dyslipidaemia (high cholesterol)**.
- * NCDs risk increases with an unhealthy diet, lack of physical activity, tobacco use and excessive alcohol consumption. If these risk factors are not addressed, they can contribute to premature death.
- ♦ **Diabetes** occurs when the body is unable to properly regulate blood glucose (sugar) levels. The most commonly diagnosed types of diabetes are **Type 1 diabetes**, **Type 2 diabetes** and **gestational diabetes**.
- * For a person without diabetes, a **fasting blood glucose level** is generally between **70–99 mg/dL**, while a blood glucose level **less than 140 mg/dL two hours after a meal** is considered normal.
- ♦ **Hypertension** occurs when blood pressure remains consistently elevated. A blood pressure reading of **120/80 mmHg or higher** may indicate elevated blood pressure, although hypertension is diagnosed based on repeated readings and clinical assessment.
- * The **top number (systolic blood pressure)** represents the pressure in the arteries when the heart beats. The **bottom number (diastolic blood pressure)** represents the pressure in the arteries when the heart rests between beats.
- * **Hypertension (high blood pressure)** is often called the “silent killer” because there may be no noticeable symptoms and can only be detected through regular blood pressure checks. When symptoms do occur, they may include: chest pain, headaches, dizziness, shortness of breath, blurred vision, slurred speech, vomiting and weakness.
- ♦ **Dyslipidaemia** occurs when the levels of lipids (fats) in the bloodstream are abnormal. Persons should aim for an **HDL (good cholesterol) level above 60 mg/dl** and an **LDL (bad cholesterol) level below 100 mg/dL**, although individual targets may vary.

Failure to properly manage **blood sugar, blood pressure and cholesterol levels** can increase the risk of serious complications, including stroke, heart failure, kidney disease, sexual dysfunction and vision loss.

Empowering Women to Prioritise Their Health



Nursing staff at the Pap Smear Outreach Programme at Mayaro District Health Facility

Early detection of cancer greatly increases the chances of successful treatment. The two components of early detection of cancer are early diagnosis (or downstaging) and screening. Early diagnosis focuses on detecting symptomatic patients as early as possible, while screening consists of testing healthy individuals to identify those with cancer before any symptoms appear.

World Health Organization

Understanding that women can often neglect their own health and well-being as they are busy focusing on their families and careers, the Eastern Regional Health Authority conducted Pap Smear outreach programmes in an effort to continue promoting the importance of women's health and preventative healthcare.

A total of **61** women answered the call to take a proactive approach to their health at outreach programmes held at the Mayaro District Health Facility and Manzanilla Outreach Centre on 22nd July, 2026. Clients were able to access services such as pap smear; breast examination; blood pressure testing; blood sugar testing, body mass index and vaccination.

In addition to providing screening services, the outreach created an opportunity for health education and one-on-one engagement empowering women with information to make informed decisions about their health and encouraging them to participate in routine screening.

Initiatives such as these highlight the important role of Primary Care in bringing essential preventive services closer to communities while strengthening health promotion, early detection and disease prevention.

Happy African Emancipation Day



HAPPY AFRICAN EMANCIPATION DAY

As we come together to celebrate Emancipation let us be guided by the words of Nelson Mandela.

"To be free is not merely to cast off one's chains but to live in a way that respects and enhances the freedom of others"

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



"Caring is the Key"

Happy Independence Day



Celebrating
64 *Years*



Honouring our journey. Celebrating our people. Shaping our future.

Independence gives us an opportunity to reflect on the journey that has brought Trinidad and Tobago to where we are today, while looking ahead with renewed hope and purpose.

We celebrate the resilience of our people, the richness of our diversity and the enduring strength of our communities.

As an organisation devoted to the health and well-being of our communities, the Authority remains dedicated to play its part in building a healthier nation through service, compassion and a commitment to the people we serve.

May we continue to move forward with unity, courage and pride.

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

"Caring is the Key"



Commendations to Staff

Maria Vera Lezama

I had a clinic appointment this morning with the Sangre Grande Hospital for my stomach. The appointment was for 8:00 a.m., so I left home at 7:15 a.m. to go to the appointment. By 9:50 a.m. I was on my way home from the hospital. That is performance or luck or I'm just so favored to have good service wherever I go. Ps. ERHA you guys come a long way from back in the day. Tip your hat as well.

Sent via Facebook by Maria Vera Lezama

August 17, 2026

Chelsea D Abreau

Just want to shout out Ms. Haynes North Block Ultrasound Department, such a darling, very professional, caring and patient. Continued blessings.

Sent via Facebook by Chelsea D Abreau

August 18, 2026

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

LANDSLIDES



What is a Landslide?

A landslide is a mass movement of rock, earth or debris, down a slope. This can occur suddenly or more slowly over long periods of time. When the force of gravity acting on a slope exceeds the resisting forces, the slope will fail and a landslide occurs.

What causes a Landslide?

- Heavy or prolonged rainfall
- Tremors and shakes (Earthquakes)
- Deforestation
- Quarrying/ Rock mining
- Slash and burn agricultural practices



Before a Landslide:

- Create a household evacuation plan that includes your pets.
- Stay informed about your community's risk and response plans.
- Establish a clear communication plan so each family member knows how to reconnect if persons are separated during an emergency.
- Assemble emergency preparedness kit.

During a Landslide:

- If you are inside of a building, stay inside; don't leave your home until it is officially safe to do so.
- If outdoors, try to get to the nearest high ground in the direction away from the path of the landslide.
- If driving, remain alert and look out for collapsed pavements, mud and fallen rocks.

After a Landslide:

- Only return to the area once it is officially safe to do so.
- Check your property for any structural damage.
- Check for any damaged utility lines or ruptured water mains. Report any damage that may have occurred to the relevant utility companies such as T&TEC and WASA.



Warning Signs:

- Bulging ground appears at the base of a slope.
- New cracks appear in plaster, tile, brick or foundations.
- Fences, retaining walls, utility poles or trees tilt or move.
- Slowly developing, widening cracks appear on the ground or on paved areas such as streets or driveways.

In case of an Emergency, you can contact the following numbers:
Emergency: 911 Ambulance: 811 Fire: 990 Police: 999 ODPM: 511
T&TEC: 800-TTEC (8832) WASA: 800-4H2O (800-4420/6)

Sources: <https://www.bgs.ac.uk/discovering-geology/earth-hazards/landslides/>



August 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



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