

APRIL 2021



## The Southern Pulse

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## Custos Shagoury Gives \$4 Million in Donation to Clarendon Health Team



**Custos William 'Billy' Shagoury donates a microwave to the May Pen Hospital in Clarendon. Customer Service Manager, Faith Sterling accepts the donation.**

The Clarendon Health Services (CHS) in Clarendon has benefitted from more than \$4 million in donation, from Custos Rotulorum of Clarendon, Hon. William 'Billy' Shagoury, to support the fight against the Coronavirus Disease 2019 (COVID-19).

Recently, the Custos donated to the CHS, the May Pen Hospital and May Pen Health Centre in Clarendon 32,000 surgical and N95 masks, two tables, 16 chairs, two recliners and four thermometers. Custos Shagoury also donated gowns, a microwave and care packages for the mentally ill persons in the parish and food items for staff. Five thousand masks were also shared with the Clarendon police to assist with their fight against the pandemic.

Custos Shagoury, who used his personal funds, explained that he has always recognized the importance of healthcare workers and supporting them with needed resources.

"I have seen how the healthcare workers worked hard and put their lives on the line; putting their families' lives at risk. I was there with them from March giving them encouragement and was able to get some items for them at the beginning of the COVID-19 pandemic" Custos Shagoury said.

He added that he continues to support healthcare in Clarendon because of the people, adding that: "I do it for the betterment of the people of Clarendon and for my healthcare workers because they are special to me. I denied my family and myself of things so I could give to the healthcare workers. I think that our healthcare workers in Clarendon are the best. They put their lives on the line and at risk everyday and I am grateful to have people like that to do the work that they do" Custos Shagoury explained.

Parish Manager for the Clarendon Health Services, Joseph Grant said the Clarendon health team is extremely grateful for the continued kindness and selfless contribution of Custos Shagoury during this COVID-19 pandemic and before.

"Custos Shagoury has always been contributing to the development of healthcare in Clarendon over the years and we are sincerely grateful. From the onset of the Pandemic in March 2020 he has been donating alcohol, sanitizers, masks, other Personal Protective Equipment and other items. He has always been willing and we are grateful for his assistance because it has given us more support in protecting ourselves as we perform our daily duties. The personal contribution to staff members has allowed them to feel appreciated while boosting their performance and for that we are happy" Mr. Grant said.



## In the News: Southern Regional Health Authority

### Vaccination Blitz– St. Elizabeth

The Ministry of Health & Wellness and the Southern Regional Health Authority hosted a successful vaccination blitz on Saturday and Sunday, April 10 and 11. Persons eligible for vaccination included persons 60 years and older, staff members from the Department of Correctional Services, the Jamaica Fire Brigade, the Passport Immigration Citizenship Agency, the Jamaica Customs, tourism workers, teachers and other employees of educational institutions. Because of the overwhelming response, other groups of persons were vaccinated on Sunday, April 11.

Please see below photo highlights from the parish of St. Elizabeth. The sites in the parish were: Independence Park in Black River, Junction and Santa Cruz Health Centres.





## In the News: Southern Regional Health Authority

### Vaccination Blitz in Clarendon

The Denbigh Agricultural Showground, the Kellits High School and the Moccho Health Centre were the Clarendon sites used for the vaccination blitz on Saturday and Sunday, April 10 and 11.

Please see below photo highlights.



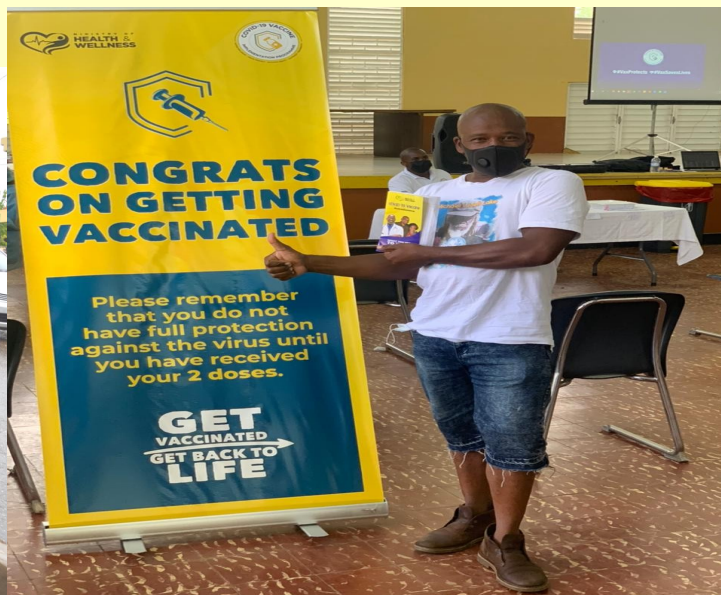


## In the News: Southern Regional Health Authority

### Vaccination Blitz-Manchester

The vaccination sites in Manchester for the vaccination blitz were the Mandeville Regional Hospital, the Manchester High School and the Downs and Christiana Health Centres.

Please see below photo highlights.







# Tena Williams

**Public Health Nurse  
St. Elizabeth Health Department  
(Junction Health District)**

**“Nurse Williams-Always Give of Your Best”**



The COVID-19 Pandemic has shown the world how important nurses are in keeping generations healthy and alive and though the challenges and disruption to healthcare have been significant; it has not deterred Public Health Nurse Tena Williams who believes that with God, all things are possible.

This ambitious and determined nurse performs her duties with the St. Elizabeth Health Department, specifically within the Junction health district. She notes that she was employed as a Registered General Nurse and has been with the Southern Regional Health Authority (SRHA) for some 13 years and describes the experience as a good one. She was employed for a little more than a year in 2003 as a Clerical Assistant in the laboratory at the Black River Hospital in St. Elizabeth but moved on in 2004 to pursue her nursing career. She also pursued training in Midwifery before pursuing the Public Health Nursing programme.

Some of her duties include: general supervision of the Staff Nurses, Community Health Aides and Clinic Attendants within the health district, immunization of infants and children, conducting disease investigations and offering solutions where necessary.

An energetic, easygoing and selfless person, Nurse Williams notes that her biggest achievement to date is the completion of her General Nursing Programme. She adds that she encountered setbacks during this journey, however it set the stage for upward mobility in her personal and professional life.

With her immediate family and mother as her main sources of inspiration, Tena points out that the most important life lesson she has learnt is that “once you have faith in God and the desire to persevere, you can achieve anything that your heart desires.”

Though the nursing profession is one that often comes under public scrutiny, Nurse Williams is encouraging her colleagues to always give of their best, “even if it’s not recognized in the way you want it to be recognized.”

A mother of three wonderful children, Nurse Williams’ favourite musician is Lucky Dube and her number one actor is Redd Foxx (Sanford and son). Nurse Williams can be found on a weekend doing household chores or reading or spending quality time with her family.

## A Closer Look at Your Department

### St. Elizabeth Environmental Health Team



**Members of the Environmental Health Department at the St. Elizabeth Health Department.**

The Environmental Health Department of the St. Elizabeth Health Department includes Public Health Inspectors who practice as “Generalists” or “Specialists” in a very wide area of environmental health, namely: Monitoring, Housing and Community Health, Food Safety, Water Quality Control, Waste Water Management, Veterinary Public Health, Occupational Health & Safety, Vector Control, Port Health & Quarantine, Environmental and Infectious Diseases Epidemiology, Institutional Health, Building and Subdivision Control and Disaster Preparedness and Management.

Chief Public Health Inspector Everod Lewis who leads the team explains that the department also offers Food Handlers Training and advise on sewage disposal system to contractors and builders.

He notes that the team which includes some 33 staff members and interns are well rounded, display a great team spirit and assist all departments when required. The Chief Public Health Inspector adds that the tea, maintains a good working relationship with all agencies and departments in the parish.

The Department is supported by administrative staff members who assist in meeting the objectives of the team.

The team members are:

Antoinette Blake	PHI 1
Beverton Roye	PHI 2
Calesha Nosworthy	PHI 1
Damion Harris	PHI 3
David Rowe	PHI 2 (Acting)

Deborah Lindo-Black  
Derron Scott  
Edis Grey  
Everod Lewis  
Gabreillia Arboine-Barnes  
Javaughn Henry  
Jermaine McFarlane  
Jermayne Williams  
Karensa Harper-Powell

Laurel Gordon  
Lelani Buchanan-Shaw  
Leroy Campbell  
Michael Myles  
Nelesha Brown-Wint

Oneika Robinson  
Orvelee Douglas  
Ramone Montaque  
Rebecca Nelson-Brown  
Samuel Raymond  
Shadeen Stanberry  
Shanice Scott  
Sheena Levy-Staple  
Tizana Thomas  
Winston Walden  
Brandon Hutchinson  
Shelly-Ann Bignall  
Janeika Smith  
Simone Barrett

Veterinary PHI  
PHI 2 (Acting)  
PHI 3 (Acting)  
Chief Public Health Inspector  
PHI 1  
PHI 1  
PHI 3  
PHI 1  
Institutional Health  
Inspector (Acting)  
PHI 2  
PHI 1  
PHI 1  
Vector Control Officer  
Deputy Chief Public Health  
Inspector  
PHI 1  
PHI 2  
PHI 1  
Water Quality Officer  
PHI 3  
PHI 2  
PHI 1  
PHI 1  
PHI 1  
PHI 1  
Intern  
Intern  
Intern  
Intern



## DEATH AND GRIEF IN THE WORKPLACE

### Selfless Service: Remembering Those Who Passed While Serving

**Pauline Miller**

## IN MEMORIAM

Miss Pauline Miller was employed to the Percy Junor Hospital as a Hospital Attendant on February 22, 2010. She was subsequently assigned to the Dietary department and was later appointed as Assistant Head Cook on November 1, 2019.

Miss Miller had a warm and easy going personality and as a result, many staff members were drawn to her caring and compassionate nature along with her infectious smile. Colleagues described her as a people person, a confidant, friend and a mother.

Ms Miller became ill in February 2021 and subsequently passed on March 30, 2021. Her passing has left a void in the hearts of the staff members at the Percy Junor Hospital and she will always be remembered.



# Wellness Bytes

## "Coronavirus"

Credit:  
Ministry of Health  
and Wellness



### What is a coronavirus?

Coronaviruses are a large family of viruses that are known to cause illness ranging from the common cold to more severe diseases such as Middle East Respiratory Syndrome (MERS) and Severe Acute Respiratory Syndrome (SARS).

### What is a novel coronavirus?

A novel coronavirus (CoV) is a new strain of coronavirus that has not been previously identified in humans.

### Can humans become infected with a novel coronavirus of animal source?

Detailed investigations found that SARS-CoV was transmitted from civet cats to humans in China in 2002 and MERS-CoV from dromedary camels to humans in Saudi Arabia in 2012. Several known coronaviruses are circulating in animals that have not yet infected humans. As surveillance improves around the world, more coronaviruses are likely to be identified.

### What are the symptoms of someone infected with a coronavirus?

It depends on the virus, but common signs include respiratory symptoms, fever, cough, shortness of breath, and breathing difficulties. In more severe cases, infection can cause pneumonia, severe acute respiratory syndrome, kidney failure and even death.

### Can coronaviruses be transmitted from person to person?

Yes, some coronaviruses can be transmitted from person to

person, usually after close contact with an infected patient, for example, in a household workplace, or health care centre.

### Is there a vaccine for a novel coronavirus?

When a disease is new, there is no vaccine until one is developed. It can take a number of years for a new vaccine to be developed.

### Is there a treatment for a novel coronavirus?

There is no specific treatment for disease caused by a novel coronavirus. However, many of the symptoms can be treated and therefore treatment based on the patient's clinical condition. Moreover, supportive care for infected persons can be highly effective.

### What can I do to protect myself?

Standard recommendations to reduce exposure to and transmission of a range of illnesses include maintaining basic hand and respiratory hygiene, and safe food practices and avoiding close contact, when possible, with anyone showing symptoms of respiratory illness such as coughing and sneezing.

### Are health workers at risk from a novel coronavirus?

Yes, they can be, as health care workers come into contact with patients more often than the general public WHO recommends that health care workers consistently apply appropriate infection prevention and control measures.



## Disaster Preparedness Tips

"Corona-Virus Preparedness Tips"

Credit:  
SRHA & Ministry of  
Health & Wellness



**MANCHESTER, CLARENDON AND  
ST. ELIZABETH**

STAY HOME TO HELP STOP THE SPREAD OF COVID-19

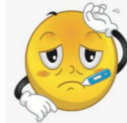
### REDUCE YOUR RISK OF CORONAVIRUS INFECTION



### Covid-19 Signs and Symptoms

Symptoms may appear 2 days or up to 14 days after exposure. Common symptoms include:

- Fever
- Cough
- Shortness of breath



### COVID-19 HELPLINE

TOLL FREE LINE:

- 1-888-ONE LOVE (1-888-663-5683) OR
- 888-754-7792
- 878-542-5998
- 878-542-8006
- 878-542-8007

Email: covid19@moh.gov.jm  
jacovid19@gmail.com

#### MANCHESTER

Call the Manchester Health Department  
Monday-Friday 8:30 a.m.-9:00 p.m.  
Saturday-Sunday 8:00 a.m.-8:00 p.m.  
Telephone: 876-961-0128  
Email: srhamhd.eoc@srha.gov.jm

#### ST. ELIZABETH

Call the St. Elizabeth Health Department  
Monday-Friday 9:00 a.m.-4:00 p.m.  
876(965-2266, 913-1571, 715-4172) or  
Whatsapp: 876-589-0811  
Email: stelizabethheoc20@gmail.com

#### CLARENDON

Call the Clarendon Health Department  
Sunday-Saturday 8:00 a.m.-12 midnight  
Telephone: 876-986-9043  
Email: clarendoneoc36@gmail.com

SRHA Regional Office (24 hours-Everyday) 876-962-2752  
Email: srharo.eoc@srha.gov.jm

# DISASTER PREPAREDNESS



**Plan**



**Prepare**



**Recover**



## HOW & WHEN TO WASH YOUR HANDS

/// COVID-19

H  
O  
W



After coughing  
or sneezing

After taking  
public transportation

When caring  
for the sick

Before, during and  
after you prepare and  
eat food

After toilet use

When hands are  
dirty

After handling animals or animal waste

W  
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N

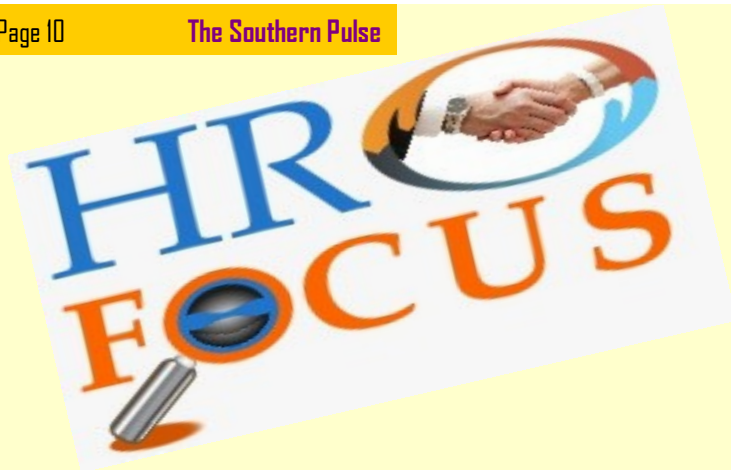


## SOCIAL DISTANCE BENCH

The Lighter Side







The Ministry of Health and Wellness is encouraging Jamaicans who may be experiencing anxiety or stress out of concern over the Coronavirus Disease 2019 (COVID-19) to contact its mental health line at 888 NEW LIFE (888-639-5433).

“Anxiety and stress are normal responses to a public health challenge of this magnitude. Among other things, COVID-19 has required that people self-quarantine or otherwise physically distance themselves from others. This can be stressful for anyone and in some people can lead to feelings of isolation,” said Director of Mental Health and Substance Abuse at the Ministry of Health and Wellness, Dr Kevin Goulbourne.

“We urge Jamaicans to talk about their fears and anxiety. It is amazing how therapeutic it can be to share your feelings and with someone who takes the time to listen. The mental health team at the Ministry is here to listen and to support our Jamaicans through this public health challenge. We therefore welcome those calls,” he added.

It is now more important than ever that Jamaicans take care of their emotional health and there are a number of ways that they can do that from home.

# HR And You:

## “COPING WITH COVID-19”

- **Stay in touch with friends and family.** Give them a call or reach out to them via social media.
- **Take a break from social media.** While social media is a good way to stay in touch with friends and family, the excessive use of social media has been known to fuel anxiety among some persons.
- **Keep a journal.** It is always a good idea to have an outlet for self-expression. A journal is a good way to do so.
- **Exercise.** Feel free to work up a sweat, increasing, in the process, the body’s ‘feel good’ chemicals known as endorphins.
- **Smile.** A smile, research has shown, can work wonders in helping to reduce blood pressure while improving your mood and reducing stress.

**Credit: Ministry of Health & Wellness**

## SUBMIT AN ARTICLE

We welcome your input. Please submit your articles and feedback for the May edition to:

**Latoya Laylor Brown, Public Relations Officer**

**Email: [latoya.laylor@srha.gov.jm](mailto:latoya.laylor@srha.gov.jm)**

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