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The Southern Pulse

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Students Make Dengue Clean-up Day Fun

Students and teachers of Villa Road Primary in Manchester injected some fun into the cleaning up of their school compound on Friday (Jan. 24), as the first day of the weekend-long National Dengue Clean-up exercise got underway.

The day began with performances of songs and poems, including a dub poem composed by teacher Kerry-Ann Reid Brown titled: 'Fight the fight and save a life. Mosquitoes wanted dead, not alive.'

The students were then divided into teams headed by leaders, wearing sashes with the words 'Miss Clean-up' and 'Mr. Clean-up.' Under the guidance of the team leaders, they went about removing plastic containers and other garbage from the school grounds, and filling empty tyres with dirt to ensure that water would not settle in them.

Mrs. Reid Brown told JIS News that the activity was part of an ongoing effort to keep the school compound clean. "We try to maintain our environment so today is just additional work that we are doing to make sure that the environment is safe," she said.

Schools and business places were the focus of the first day of the national campaign to tackle the dengue virus under the theme: 'Mosquitoes wanted dead, not alive!'

Meanwhile, over at Christiana Leased Primary School, students were divided into 11 work teams representing all the clubs in the school, which has a population of 748 students. These are Environmental, Brownies, Jamaica 4-H, Mathematics, Christian Fellowship, Jamaica Moves, Red Cross, Spelling, Spanish, Boys Scouts and Reading Club.

Allison Nelson-Forbes, who was one of the coordinators, told JIS News that the day began with a sensitisation session and dengue presentation on how to identify and destroy mosquito breeding sites. "Each club was given a jumbo garbage bag and students wore gloves as they went around the entire compound picking up all the trash and plastic containers," she said. She noted that the children are now more aware of the dangers of dengue and will be better able to go around their homes to search for and destroy mosquito breeding sites.

Winston Jones High School Vice Principal, Kenecia Stewart, told JIS News that activities at the school included getting rid of plastic bottles and other containers that could collect water and become breeding grounds for mosquitoes. "We also cut down some shrubs," she said. She noted that students are regularly sensitised about dengue prevention and they receive tips that they can use at home, such as punching holes in cans and using mosquito repellents.

Over at Cross Keys High School, clean-up efforts on Friday included removal of plastic bottles and trash. Dean of Discipline, Samuel Smalling, told JIS News that the school's safety and security committee met and made a decision about all the areas on the compound that needed to be addressed. "We looked at drains, we looked at where old chairs and desks are stored and one of the major things were three pit toilets that need to be removed but that will be a long-term project," he said.



Students from the Villa Road Primary School in Manchester removing garbage from the school compound on Friday, January 24.

Facilities on the Move

Scores of Persons in St. Elizabeth Participate in National Dengue Clean-Up

In keeping with the efforts of the Ministry of Health and Wellness to intensify activities to curtail the current dengue outbreak, the Southern Regional Health Authority participated in the National Dengue Clean-Up campaign. On Friday, January 24, schools and businesses were the focus of the clean-up efforts. On Saturday, January 25, which was the national clean-up day, the spotlight was on towns and communities while on Sunday, January 26, homes were the focus of the campaign.

Please see below photo highlights from the clean-up activities in St. Elizabeth.



Students from the Black River High School in St. Elizabeth participate in clean-up activities.



The Nain High School in St. Elizabeth was also a part of the clean-up activities.



Staff members from the St. Elizabeth Health Services who participated in the clean-up activities.



Students and teachers from the Lititz Primary School in St. Elizabeth cleaned their surroundings.

Facilities on the Move

National Dengue Clean-Up Campaign in Manchester a Success

Scores of persons supported the National Dengue Clean-Up campaign in Manchester, an initiative of the Ministry of Health and Wellness, to intensify activities to curtail the current dengue outbreak.

On Friday, January 24, schools and businesses were the focus of the clean-up efforts while on Saturday, January 25, which was the national clean-up day, the spotlight was on towns and communities. On Sunday, January 26, homes were the focus of the campaign.

Please see below photo highlights.



Students and teachers of the Winston Jones High School in Manchester participate in clean-up activities on Friday, January 24.



Dean of Discipline at the Cross Keys High School in Manchester, Samuel Smalling (centre) and a student clear a drain at the school on Friday, January 24, as part of the clean-up efforts.



The team from the Manchester Health Services participated in clean-up activities in the community of Craighead.



Students from the Christiana Leased Primary School in Manchester removing garbage from the school compound on Friday, January 24.



Students from the Villa Road Primary School in Manchester display proper disposal of garbage.

In the News: Southern Regional Health Authority

Dengue Awareness Improved in Clarendon Through National Clean-up Initiative

Residents awareness of the dengue fever was boosted in Clarendon, through the successful staging of the National Dengue Clean-Up campaign, an initiative of the Ministry of Health and Wellness to intensify activities to curtail the current dengue outbreak. The clean-up campaign lasted for three days, which started on Friday, January 24 where schools and businesses were the focus of the clean-up efforts, while on Saturday, January 25, which was the national clean-up day, the spotlight was on towns and communities. Homes were the focus of the campaign on Sunday, January 26.

Please see below photo highlights.



Clean-up activities in addition to mosquito search and destroy activities were done in Clarendon.



Clean-up activities being carried out by residents.



Ambassadors of the Jamaica Moves in Schools Club participate in the clean-up activities.



Staff members from the Clarendon Health Services who participated in the clean-up activities.

Staff Highlight

'Big Deal' Registered Midwives Feted and Recognized

In recognition of the World Health Organization (WHO) Year of the Nurse and Midwife, the Supervisory Midwives from the Manchester Health Services hosted a luncheon on January 30, 2020 to appreciate their midwives.

The luncheon was held under the theme, 'Mi a Big Deal', affirming the important and critical roles that Registered Midwives play.

The event was held at the Steak House in Mandeville, Manchester.



The Lighter Side



Staff Highlight

Understanding Competency



Being competent in your field of work is a great thing, after all that is what is expected of you when you are working in an organization that desires productivity.

Many persons associate competency with the qualifications they have acquired at a university or college they have attended. They are often times not comfortable being supervised or even want to take instructions, as they are of the perception that such qualification has placed them in an exclusive position.

I must say however, that being competent has to do with a person being able to successfully and efficiently carry out a task. You must be able to apply practically what you have learnt.

Competency is something that is being developed and is acquired over a period of time with experience. To be competent you have to exercise patience with yourself and also with the persons you are working with. It is also very important to ensure that you take your eyes off the accomplishments or achievements of others in the workplace, celebrate with them but concentrate on what is expected of you. You must remember that everyone is different; therefore you are only expected to be you. Never be in a rush to want to be like others, if you do that it will affect how you mature and become competent.

FAILING WHILE BEING COMPETENT

There are many persons who are competent in the workplace; however their effectiveness is null and void as they have serious attitude problems. They know exactly what is required and how to get the job done, but somehow they continue to walk defeated. People constantly complain about them and they often times leave an unpleasant odour behind them after relating to others. Some of these persons find it very hard to be simply pleasant, they don't know how to greet their neighbour as they are always grumpy and moody. They are often times disrespectful to superiors, fail to take a simple instruction and speak negatively of others. These are just a few outline of a bad attitude.

I must however say that many of these persons do not believe that this behaviour is not good and so often times they see others as their source of problem. Their eyes are blinded and their behaviour is good in their own eyes. You never dare correct them or else they will complain to everyone about you.

Being competent in your field of work should be accompanied by a good attitude. It is very important that employees develop and practice these good attitudes in and around their work environment. Learn to say good morning, speak kindly to others and follow carefully the instructions that are given to you, etc. You will find that people will appreciate and respect you more. You will also realize that you will begin to enjoy your workplace even better.

Remember “whatever you sow, you shall surely reap.” What are you presently sowing? I encourage you, sow some love, peace, kindness, gratitude and all the likes. Your workplace is waiting for you to offer your best attitude along with your competency in your field of work. Show them that you are capable to offer that and much more.

KEYNOTE: Give of your best always and mighty doors will be opened for you

Credit: Supervisory Public Health Inspector, Zone Supervisor for the Spalding Health District in Clarendon, Gabrielle Jackson



Aldeith Thomas-McCarthy

**Specialist Nurse
Porus Health Centre
Manchester Health Services**

“Improving healthcare in the southern region”



“My ultimate aim is to improve services and standards of patient care within the Southern Region and the health care system,” says the caring and humble Specialist Nurse, Aldeith Thomas-McCarthy.

With genuine love for administering nursing care, Nurse Thomas McCarthy shares that she is inspired to do her best by her inherent drive to give the best health care to every individual she comes in contact with. In fact, she is driven by the philosophy “The nursing care you expect for yourself, aspire to give the same to your patients.”

Mrs. Thomas-McCarthy began her journey of providing exceptional care to the public health system in June 2016 at the Porus Health Centre in Manchester, where she has found the experience to be an eye-opener, alluding to observations she has made about the differences in the nursing cultures of Jamaica and the United Kingdom.

As a Specialist Nurse, Aldeith’s responsibilities include: conducting curative clinics, assisting with maternal and child health clinics, assisting with health fairs, doing home visits and delegating duties. She is also the chairperson for the fundraising committee at Porus Health Centre.

With training in the health field in areas of midwifery and renal care, Nurse Aldeith is also a trained Secretary and has a degree in Business Administration with a speciality in Finance, in addition to a certificate in Marketing.

She has received various awards including an award for the development, piloting and implementing of Coordinate My Care Register for renal patients at Barts and the London (NHS) Trust, an award in 2005 for developing and piloting the Renal Integrated Pathway for surgical and medical management of Renal patients at Barts and the London (NHS) Trust; however, she explains that her greatest achievement to date is being married and having a family, and being able to return to serve her home country as a nurse. She adds that: “Changing and creating positive attitudes of patients and health care workers alike in fostering better health care and professionalism is also another achievement which I am proud of”.

When she is not busy giving patients the best health care services, Aldeith can be found attending to her garden, watching television, cooking up a storm or playing the game scrabble with her family. She adds that her favourite actor is Liam Neeson while she enjoys songs by Otis Redding.

As for her wishes for Jamaica, Mrs. Thomas McCarthy says that in order for Jamaica to be a better place and for living conditions to improve, the crime rate must be significantly reduced. She also wishes for health care and education to be affordable and better funded.

Credit: Terrain Wright, Northern Caribbean University Volunteer

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

"Earthquake"

Credit:
Office of Disaster Preparedness and Emergency Management



Earthquakes are the sudden, rapid release of energy stored in rocks.

The constant motion of the earth's surface causes an earthquake. The earth's rock layer is broken into large pieces. These pieces are in slow but constant motion. They may slide by each other smoothly and almost imperceptibly.

General Tips:

- Drop down; take cover under a desk or table and hold on.
- Stay indoors until the shaking stops and you're sure it's safe to exit.
- Stay away from bookcases or furniture that can fall on you.
- Stay away from windows. In a high-rise building, expect the fire alarms and sprinklers to go off during a quake.
- If you are in bed, hold on and stay there, protecting your head with a pillow.
- If you are outdoors, find a clear spot away from buildings, trees, and power lines. Drop to the ground.
- If you are in a car, slow down and drive to a clear place. Stay in the car until the shaking stops.

Before an Earthquake:

Learn how to survive during the ground motion. Teach all members of your family about earthquake safety. This includes the actions you should take when an earthquake occurs

- the safe places in a room such as under a strong desk, along interior walls
- places to avoid such as near windows, large mirrors, hanging objects, heavy furniture and fireplaces.
- Stock up on emergency supplies. These include: battery operated radio (and extra batteries), flashlights (and extra batteries), first aid kit, bottled water, two weeks food and medical supplies, blankets, cooking fuel, tools needed to turn off your gas, water and electric utilities.
- Arrange your home for safety: Store heavy objects on lower shelves and store breakable objects in cabinets with latched doors. Don't hang heavy mirrors or pictures above where people frequently sit or sleep.
- Anchor heavy appliances and furniture such as water heaters, refrigerators and bookcases.
- Store flammable liquids away from potential ignition sources such as water heaters, stoves and furnaces.
- Get Educated. Learn what to do during an earthquake.

Then you will be ready for the fast action needed. Make sure that all members of your family have this important education.

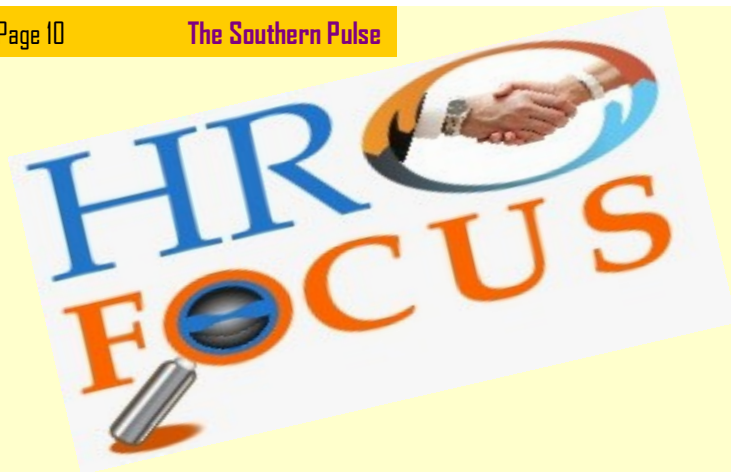
- Learn where the main turn-offs are for your water, gas and electricity. Know how to turn them off and the location of any needed tools.

During an Earthquake:

- If you are indoors, stay there. Quickly move to a safe location in the room such as under a strong desk, a strong table, or along an interior wall. The goal is to protect yourself from falling objects and be located near the structural strong points of the room. Avoid taking cover near windows, large mirrors, hanging objects, heavy furniture, heavy appliances or fireplaces.
- If you are cooking, turn off the stove and take cover. If you are outdoors, move to an open area where falling objects are unlikely to strike you. Move away from buildings, powerlines and trees.
- If you are driving, slow down smoothly and stop on the side of the road. Avoid stopping on or under bridges and overpasses, or under power lines, trees and large signs. Stay in your car.

After an Earthquake:

- Check for injuries, attend to injuries if needed, help ensure the safety of people around you.
- Check for damage. If your building is badly damaged you should leave it until it has been inspected by a safety professional.
- If you smell or hear a gas leak, get everyone outside and open windows and doors. If you can do it safely, turn off the gas at the meter. Report the leak to the gas company and fire department. Do not use any electrical appliances because a tiny spark could ignite the gas.
- If the power is out, unplug major appliances to prevent possible damage when the power is turned back on. If you see sparks, frayed wires, or smell hot insulation turn off electricity at the main fuse box or breaker. If you will have to step in water to turn off the electricity you should call a professional to turn it off for you.



EMPLOYEE FILE

A file shall be created when an employee starts working within the Public Service regardless of the type of employment. Standard documentation to be placed on the file includes:

- a) The letter of application and/or completed application form;
- b) Record of employee's performance in the selection process;
- c) Proof of age, qualification, marital status;
- d) Report of medical examination(s);
- e) Documentation of reference checks;
- f) Letter(s) of appointment
- g) Personal information (next of kin, emergency contact numbers, special needs and/or circumstances, etc);
- h) Leave application and permission letters;
- i) Copies of performance evaluation
- j) Copies of training and development plans;
- k) Copies of certificates, results of training and development activities, citations, awards, etc;
- l) Record of changes in salary, benefits and allowances. m) Copies of any disciplinary actions against the employee;

2.2 MAINTENANCE OF RECORDS

- i) All employee records are to be kept in the Human Resource Division of the Ministry or Department under conditions which ensure security and protection from hazards (water, fire, etc).
- ii) Any change in the employee's status must be duly noted in a timely manner and added to the employee's file. Supervisors shall ensure that all letters, memoranda, and documents related to an employee are sent to the Human Resource Division for inclu-

HR And You:

"EMPLOYEE RECORDS"

sion in the employee's file;

iii) Employees are to be notified of the addition of any and all new information/documents to their files.

iv) Employees shall ensure that their records are kept current by notifying the Human Resource Division, in writing of any changes in circumstances such as academic achievements, change of address, marital status, next of kin, beneficiary, etc;

v) Any addition of information/documentation to the file by an employee must be done through the appropriate authority in the Human Resource Division;

vi) The removal of any information/documentation from the file, by an employee, can only be done through, and with the permission of the appropriate authority in the Human Resource Division;

vii) An employee's file shall not be removed from the Human Resource Division except by authorized officers and with the permission of the Permanent Secretary/ Head of Department.

SUBMIT AN ARTICLE

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

Latoya Laylor Brown, Public Relations Officer

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Deadline: March 12, 2020

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