



The Bulletin

Issue No. 27

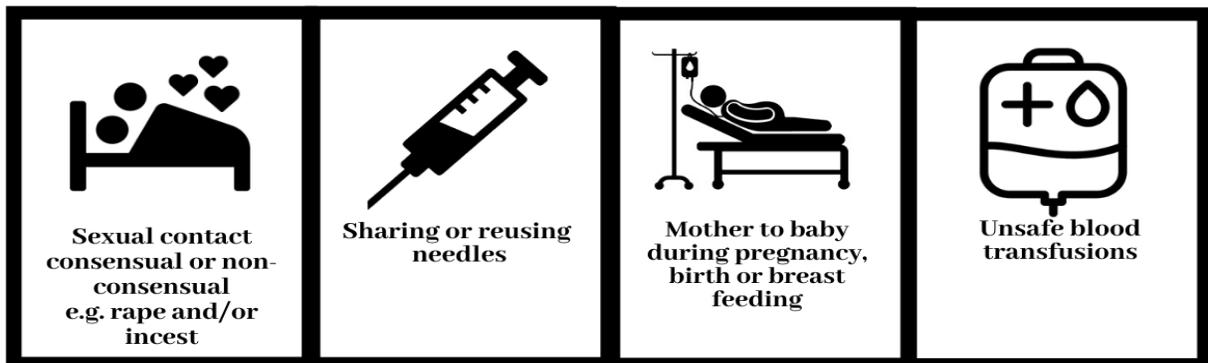
Our Monthly Achievement Report

July 2020

HIV AND AIDS LEARN THE BASICS

Human Immunodeficiency Virus (HIV) is the virus that causes Acquired Immune Deficiency Syndrome (AIDS). HIV damages the immune system, making the body less able to protect itself from illness. Eventually this results in AIDS, where illnesses become so serious that they are life threatening. Although there is no vaccine or cure, effective treatment can delay serious illness and improve quality of life.

HIV CAN BE TRANSMITTED BY:



HIV IS NOT TRANSMITTED BY:

- Air and water
- Saliva, sweat, tears or closed-mouth kissing
- Insects or pets
- Sharing toilets, food, drinks or utensils
- Hugging or shaking hands

HOW TO PROTECT YOURSELF:

- Get tested for HIV at least once a year
- Use condoms correctly every time you have vaginal or anal sex
- Limit your number of sex partners
- Ensure clean needles and instruments are used for medical treatments and tattoos.
- If you think you have been exposed to HIV, ask a health care provider about Post Exposure Prophylaxis (PEP). PEP can prevent HIV, but it must be started within 72 hours (3 days) of exposure and must be taken for 28 days

SIGNS AND SYMPTOMS:

- Flu-like symptoms
- Mouth ulcers
- Swollen glands
- Recurrent fever
- Night sweats and chills
- Diarrhea
- Persistent dry cough

After infection, many people can remain well with no symptoms for many years. However, even if someone infected with HIV has no symptoms, they can still spread the disease.

If you experience any signs or symptoms, you have reason to believe you've been exposed to the virus or you've never been tested, visit any of our testing sites to know your status TODAY!

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AIMING TOWARDS ENDING THE AIDS EPIDEMIC BY 2030

Visit NACC's Facebook page to see the full list of testing sites across Trinidad and Tobago. Contact your nearest health facility today!

HIV TESTING SITES

North-West Regional Health Authority

- Diego Martin Health Centre- 637-9308
- Queens Park Counselling Centre & Clinic-625-2556 (POS)
- FPATT- Port of Spain- 623-5169/ 623-0004 (Counselling)
- FPATT-Adolescent Centre - 627-3444

North-Central Regional Health Authority

- Arima District Health Facility- 667-4714
- St Joseph Health Centre- 663-3419/ 645-9694
- Tacarigua Health Centre- 662-4617
- UWI (St. Augustine)- 662-2002 ext 82149/82153

Eastern Regional Health Authority

- Grand Riviere Health Centre- 670-8264
- Sangre Grande Health Centre- 668-2509/ 226-1102
- Toco Health Centre- 670-8277

South West Regional Health Authority

- Freeport Health Centre- 673-0021
- Penal Health Centre- 647-4417
- SFGH Ward 2 Clinic- 225-HEAL opt 2
- Queens Park Counselling Centre & Clinic- 652-8371 (San F'do)
- FPATT- San Fernando- 652-3065/ 653-6514 (Counselling)

Tobago

- Roxborough Health Centre- 660-4620
- Scarborough Health Centre- 639-2612
- FPATT-Tobago Clinic, Scarborough- Contact Head Office

EMANCIPATION DAY 2020

In celebration of Emancipation Day 2020, members of staff were encouraged to dress for the occasion in commemoration of this historic event. Here are a few images of our staff members, who donned their ethnic wear on July 31, 2020.



Working on Gender Equality



Amidst rising reports of positive COVID-19 results and adjusting to the 'new normal', the Gender Affairs Division (GAD) of the Office of the Prime Minister (OPM) has continued to engage in activities that would allow for improvements in the way Trinidad and Tobago promotes gender equality and the sustainable development goals of Trinidad and Tobago.

The Government remains committed to the protection of human rights and making Trinidad & Tobago free from gender-based violence and discrimination.

1.

The GAD in collaboration with the United Nations Population Fund (UNFPA), hosted a two day workshop (July 28-29, 2020) on '**End User Training for the Trinidad & Tobago Central Registry on Gender Based Violence**'. The workshop sought out representatives of Civil Society Organizations, Government Agencies, Government Shelters, Counselling Agencies and OPM Staff OPM. The session held at the Office of the Prime Minister's St. Clair branch was facilitated by Mr. Sven James of Kycsar Creations.

The OPM continues its thrusts to encourage the equitable advancement of adults and children alike in all areas of national development.

2.

The GAD begun its roll out of **SPEAK: A Conversation for Men**, a dual video and radio series coordinated by the Male Programmes section of the GAD, which focuses on addressing various issues faced by men and boys. First aired on July 3, 2020 through the OPM's social media pages, the six (6) part video series led by experts in the field, explores topics ranging from fatherhood to men's health. This radio programme is carried **LIVE on Power 102 FM every Tuesday at 10:30 a.m.** and allows listeners the opportunity to contribute to the discussion by calling in.

The OPM's Strategic Plan 2017-2022 reiterates the incorporation of a gender perspective in all activities through the engagement of the public and private sectors and civil society.

3.

Also on the line up was the GAD's collaboration with First Citizens Bank (FCB) in hosting a half day Workshop, entitled: "**Enhancing Gender Awareness in the Workplace**". Held on July 30, 2020 at the First Citizens Bank Learning Centre in Chaguanas, the workshop which was facilitated by the GAD's Gender Training Officer, welcomed the participation of eleven (11) FCB staff members. Participants were introduced to basic gender related terminology and concepts and gained an understanding of the importance of gender equality, equity and healthy relationships in the workplace.

We understand that we cannot do it alone and wish to thank all entities who made this month's activities a success as we continue to raise awareness, promote positive behavioural traits and stimulate change to unhealthy social norms.

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National AIDS Coordinating Committee



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