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Special points of Interest

- COVID Update
- NHI Update
- MOH Guidelines
- Health education
- Contact numbers

Thank You FRONTLINERS

FOR YOUR SERVICE TO OUR COMMUNITY,
WE SALUTE YOU!

PLEASE STAY SAFE!



COVID-19: Five steps to look after yourself and others



Take care of
yourself and
stay healthy



Call,
chat,
check



Be kind.
Think of
others.



Get online
to stay
in touch



Share accurate
advice and
information

NHI Update

NHI and MOH

NHI has been coordinating with the Ministry of Health and the COVID 19 Task Force in the fight against the present threat being posed by the SARS coronavirus 2 pandemic. Given the present state of community transmission, it is imperative that people observe the mitigation efforts being implemented by the Government. Social distancing, self-isolation, quarantine, proper use and disposal of face masks that is complementary to all the other measures being taken, are all critical factors that will determine our ability as a health system to cope with the number of cases that may end up at health care facilities. It is our duty and responsibility to follow all those guidelines, and STAY AT HOME unless absolutely necessary, in order to protect our front-line health workers! If you need assistance, please call your NHI clinic and a health worker will direct you over the phone on what actions you need to take. NHI contracted clinics will accept calls from 7 am to 6 pm from Monday to Friday. Any other calls after 7 or weekends please call the 0800- MOHCARE hotline for instructions.

NHI Budget Adjustments

Belize like every other country in the world is currently faced with economic and social hardship caused by the COVID-19 pandemic. Under these circumstances, the Ministry of Finance (MOF) has had to adjust budgets across all other Ministries and programs. As a result, NHI's Annual Budget was also reduced. While NHI had to make the necessary adjustments to services, it is NOT TRUE THAT NHI SERVICES were taken away. Although this adjustment has not resulted in the closing of the NHI clinics, in an effort to sustain the program and the operations of Primary Care Providers, certain immediate measures have been implemented effective July 1st, 2020.

These immediate measures include:

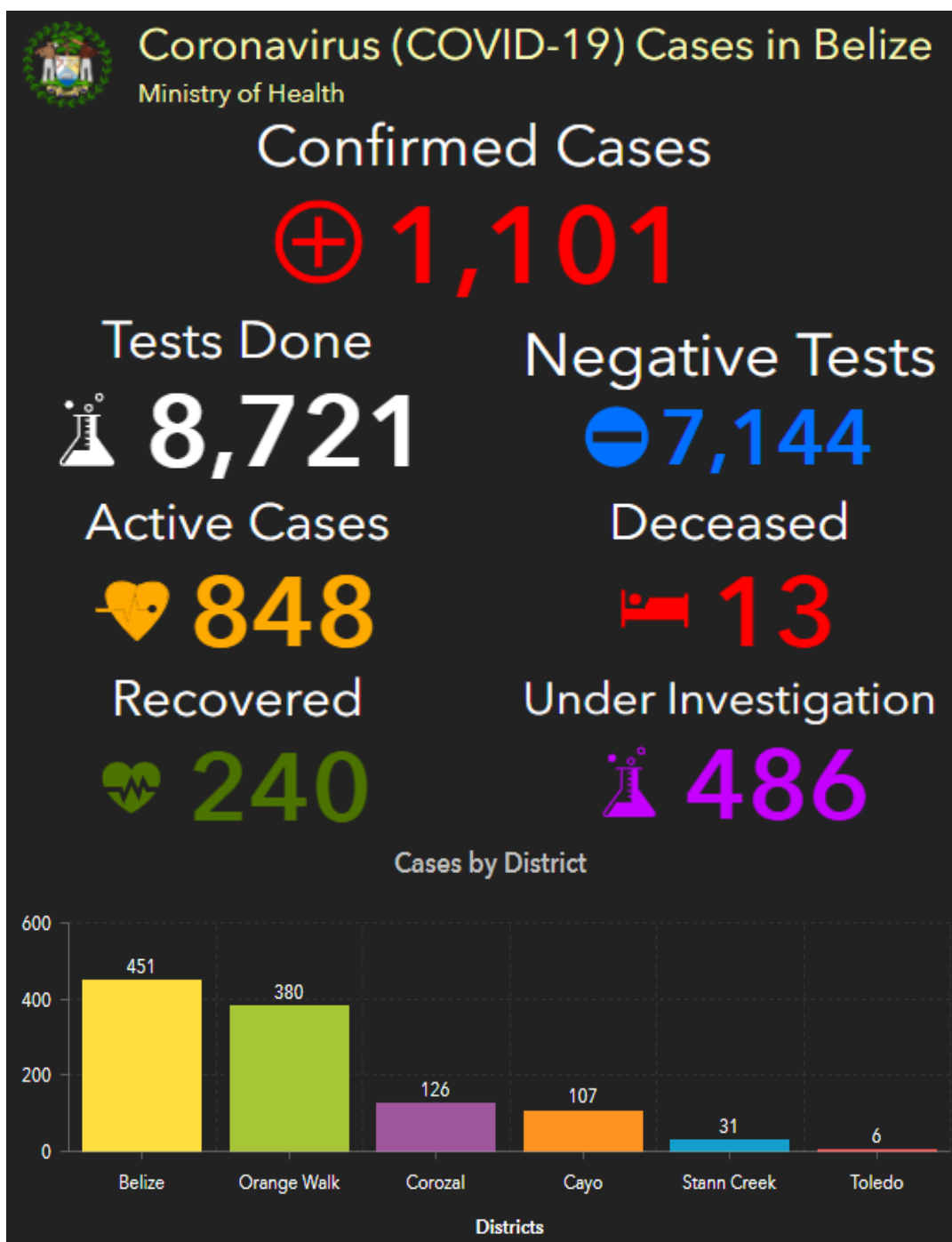
1. The Suspension of the Key Performance Bonus to all Primary Care Providers for 2020.
2. Decrease in Payment to Primary Care Providers in the Southern Region and Corozal for Primary Care Services and the Nutrition Program.
3. Suspension of the Purchasing of Birth Deliveries for NHI Registered Members in the Southern Region as an effort to prioritize the Nutrition Program
4. Suspension of Cataract surgeries and a decrease of Laser Surgeries, Eye glasses and Diabetic Exams
5. Decrease in Caps for Support Services-Labs, Imaging and Pharmacy in Belize City
6. Decrease of 29% to the NHI Administrative budget

Although GOB has committed to avoiding further reductions to the current NHI budget allocation for the rest of the fiscal year, we are living in uncertain times. Therefore, NHI is closely monitoring the monthly allocations to ensure that payments to our providers are sustained and making the necessary adjustment to the program as needed.

NHI Clinics

- All clinics are to maintain the current triage system to route patients with any respiratory symptoms in the outdoor designated areas. (refer to in clinic process flow)
- All clinics must have a holding area for any suspect cases and alert MOH Focal point immediately.
- If transportation is a challenge; contact MRHC focal point who will arrange the pickup patient to be transported to the respiratory centre. (this applies to Central Health region only!) Other regions need to determine what measures are in place in this scenario and inform NHI.
- Should upon consultation with the patient, the doctor needs to prescribe additional medications, the patient is to send a non-symptomatic family member to pick up prescription at one of the NHI approved pharmacies.
- NHI to inform all PCPs that since they are essential service providers and can be deployed as needed to assist in the National COVID-19 response.
- If you think that you have been exposed to the virus, please call your clinic first, to get instructions on what to do.
- In the event that a clinic issues a private prescription or referral, these can still be attended by NHI support service providers at the current NHI negotiated price which will still offer some savings.
- Central Health Region is to formally request this assistance by contacting Dr. Natalia Castillo Rodriguez and Dr. Ramon Figueroa (610-2697 nrodriguez@socialsecurity.org.bz and 615 9078 rfigueroa@socialsecurity.org.bz)

COVID 19 COUNTRY CASES 4TH SEPTEMBER 2020

*Cases in Belize*

REFERENCES

To access updated information on the numbers of cases in Belize you can go to the following links:

Desktop version: <https://arcg.is/OP4Lya>

Mobile version: <https://arcg.is/1rsH010>

SELF ISOLATION

COVID-19
 CORONAVIRUS DISEASE

**WHAT YOU
NEED
TO KNOW**
**Self-isolation: Guide for caregivers,
household members and close contacts**

If you are caring for or living with someone who has the virus, you are considered a '**close contact**'. The Ministry of Health will give you special instructions on how to monitor your own health and what to do when you start to feel sick. Be sure to tell them if you are a close contact of someone with COVID-19.

1 Wash your hands often

- > Wash your hands with soap and water after each contact with the infected person.
- > Use an alcohol-based hand sanitizer if soap and water are not available.


2 Wear mask and gloves

- > Wear a mask and gloves when you have contact with a person's saliva and other body fluids (eg. blood, sweat, saliva, vomit, and human waste).


3 Dispose of mask and gloves after use

- > Take the mask and gloves off right after you provide care and dispose of them in the waste basket lined with a plastic bag.


4 Limit the number of visitors in your home

- > Only have visitors you must see and keep the visit short.
- > Keep **seniors** and people with chronic medical conditions (e.g. diabetes, lung problems and immune deficiencies) away from infected persons.


5 Avoid sharing household items

- > Do not share dishes, drinking glasses, cups, eating utensils, towels, bedding or items with the person under investigation.
- > After use, these items should be washed with regular soap or detergent in warm water.
- > Do not share cigarettes.


6 Clean

- > Clean your home with regular household cleaners especially regularly touched items (e.g. toilets, sink tap handles and door knobs).


7 Wash laundry thoroughly

- > There is no need to separate laundry, but you need to wear gloves when handling.


8 Be careful when touching waste

- > All waste can go into regular garbage bins.
- > Do not touch used tissues with hands when emptying wastebaskets.
- > Clean hands with soap after emptying waste.



0-800-MOH-CARE
@Belizehealth

COVID-19 SYMPTOMS

Guidelines

COVID-19
Coronavirus Disease 2019

BE AWARE. SYMPTOMS*

COMMON SYMPTOMS

- RUNNY NOSE
- COUGH
- SORE THROAT

SEVERE CASES

- HIGH FEVER
- PNEUMONIA
- SEVERE RESPIRATORY DISEASE

*Symptoms may appear **1 to 12 days** following exposure to the virus

PAHO Pan American Health Organization World Health Organization

MINISTRY OF HEALTH Belize

BE AWARE. PREPARE. ACT.
www.paho.org/coronavirus

How to Wear a Face Mask to Prevent COVID-19

Illustration showing three ways to wear a face mask:

- Incorrect: Mask covering only the mouth (marked with a red X).
- Incorrect: Mask covering only the nose (marked with a red X).
- Correct: Mask covering both the nose and mouth (marked with a green checkmark).

PROTECTING OTHERS

Protect others from getting sick

When coughing and sneezing
cover mouth and nose with
flexed elbow or tissue



Throw tissue into closed bin
immediately after use

Clean hands with alcohol-based
hand rub or soap and water
after coughing or sneezing and
when caring for the sick



World Health
Organization

MENTAL HEALTH

Health Education

Coping with stress during the **COVID-19** outbreak



It is normal to feel sad,
stressed, confused, scared
or angry during a crisis.

Talking to people you
trust can help. Contact
your friends and family.



**Be aware that not
everything you hear
about the virus may be
true.**

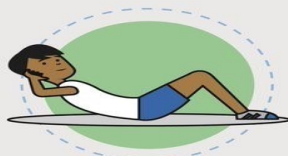
Stay updated and use
information from trusted
sources, like your health
authority, World Health
Organization (WHO) or
your local Red Cross or
Red Crescent.



**Limit worry and
agitation** by lessening the
time you and your family
spend watching or
listening to media
coverage that you
perceive as upsetting.



**Draw on skills you have
used in the past** that
have helped you to
manage previous
adversities and use those
skills to help you manage
your emotions during
this outbreak.



**If you must stay at
home**, maintain a healthy
lifestyle including proper
diet, sleep, exercise and
social contact with family
and friends at home and
remotely.



**Deal with any emotions
you may have in a
healthy manner.**

If you feel overwhelmed,
talk to a health worker or
counsellor. Have a plan,
where to go to and how to
seek help for physical and
mental health needs
if required.

Source: WHO

CLINICS CONTACT NUMBERS

National Health Insurance Contact information

#1 Lily Street
Belmopan
Cayo District

Phone:
822-1810
822-2163 ext. 1307
Email:
NHlinfor@socialsecurity.org.bz
aflowers@socialsecurity.org.bz



South Side

Clinic	Administrator	COVID-19 Contact Number
BFLA	Ms. Cheryl Gabourel	202-5881/ 613-5018
BMA	Ms. Rebecca Perez	227-0644/ 227-0159/ 663-6312
BHP	Ms. Sagri Rodriguez	227-6722/ 227 6724/ 6151546
MR	Ms. Alexy Rosado	227 -7170/ 613-4612
MC	Mr. Andre Obrien	223-0344

Southern Region

Clinic	Administrator	COVID-19 Contact Number
DAN	Mr. Leslie Nicholson	522-3834/33
IND	Ms. Eugenie Gabourel	523-2018, 632-4702, 603-5123
PG	Mr. Glenford Parham	722-0410, 670-9590
SA	Ms. Margarita Ack	670-6368

Corozal

Clinic	Administrator	COVID-19 Contact Number
Corozal Clinic	Ms. Vanessa Rancharan	402-2141
Presbyterian	Ms. Pamela Murray	423-5011 / 673-5011
San Narciso	Ms. Rosalia Correa	403-3614/ 613-1164
Chunox Clinic	Ms. Rosalia Correa	403-3614/ 613-1164

SEPTEMBER CELEBRATION

COVID-19:

Solidarity of us all needed!

- Be supportive
- Protect yourself and others
- Stay informed
- Stay calm
- Fight discrimination & stigma

**OVERCOMING ADVERSITY, CREATING OPPORTUNITY
BELIZEANS: UNITE FOR PROSPERITY!**



Ministry of Education, Youth, Sports and Culture
NICH
NATIONAL INSTITUTE OF CHILDREN AND YOUTH

With the upcoming September celebrations, please have in mind the safety of your family and friends. Practice social distancing and wear your masks at all times.

