



1st December, 2020




Volume 5

INSIDE THIS ISSUE:

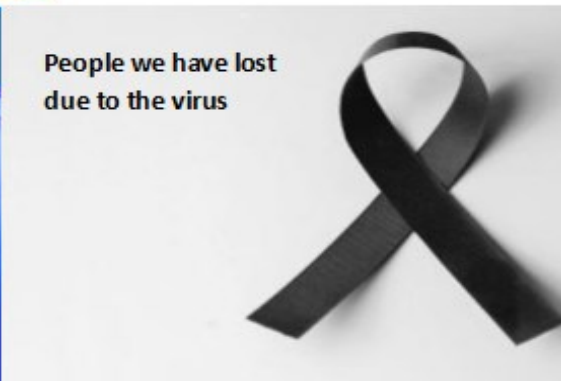


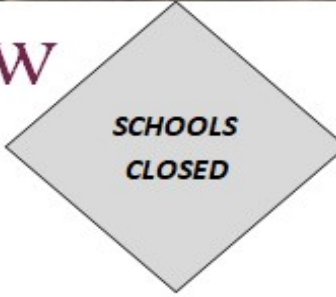
<i>Year in review</i>	1
<i>NHI update</i>	2
<i>Cases in Belize</i>	3
<i>COVID figures</i>	4
<i>Health Education</i>	5
<i>New years resolution</i>	6
<i>Christmas and new year</i>	6



Special points of Interest

- Year in review
- NHI Update
- MOH Guidelines
- Health education
- Christmas and new year



YEAR IN REVIEW 2020





Stay updated on the latest
COVID-19 NEWS AND ADVISORY

*NHI Update***NHI and COVID-19**

In September 2020, the Ministry of Health, Matron Roberts Polyclinic extended services on weekends to include Sundays to accommodate SARS-CoV-2 screening, management of the Flu clinics and swabbing services.

In addition, this facility was tasked with the added responsibility of providing swabbing and screening at the Phillip Goldson International Airport (PGIA). The increase demand in service provision has significantly impacted the human resource capacity at this facility. To alleviate this burden, NHI has called on our network of Primary Care Providers to support the weekend coverage at Matron Roberts. As of the first week in December, COVID rapid testing services are now also offered at Matron Roberts which although will provide a quicker turn-around time, it will further impact the burden on Human Resources.

Based on the current increase in new cases and in consideration of the continuity of COVID response, NHI will continue to provide support and assist in the weekend coverage of Matron Roberts PCP for an additional 3 months. Each PCP will rotate on weekly basis, to support the weekend coverage for the next 12 weeks.

I would like to thank the NHI PCPs' management and doctors for the support provided to Matron Roberts PCP in assisting the weekend coverage over the last 3 months. Unfortunately, as we are all aware the country continues to experience an increase in SARS-CoV-2 cases and health facilities are overwhelmed.

NHI encourages everyone to use a mask properly, practice social distance, wash hands often and avoid all social events during this festive season. Please contact your clinic first if you have any health concerns before presenting at the facility. Your safety is our concern!

NHI Contact numbers**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	227-6722/227-6724/615-1546
MR	Ms. Bernadine Tillett	227-7170
MC	Mr. Andre Obrien	223-0344

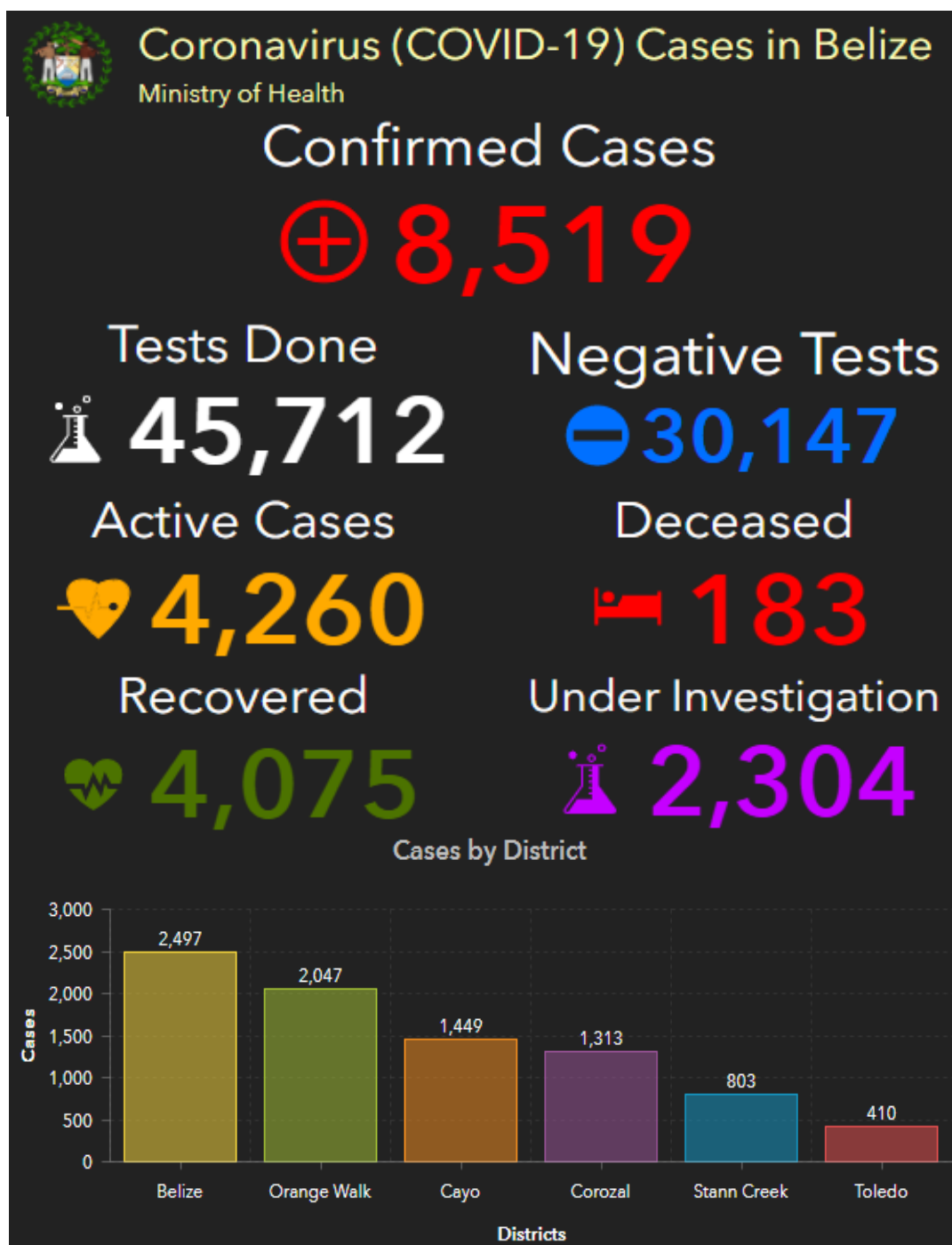
Southern Region

Clinic	Administrator	COVID-19 Contact number
DAN	Mr. Leslie Nicholas	522-3834/522-3833
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
Prebyterian	Ms. Pamela Murray	423-5011/673-5011
San Narciso	Ms. Rosalia Correa	403-3614/613-1164
Chunox	Ms. Rosalia Correa	403-3614/613-1164

COVID 19 COUNTRY CASES 4TH SEPTEMBER 2020

*Cases in Belize*

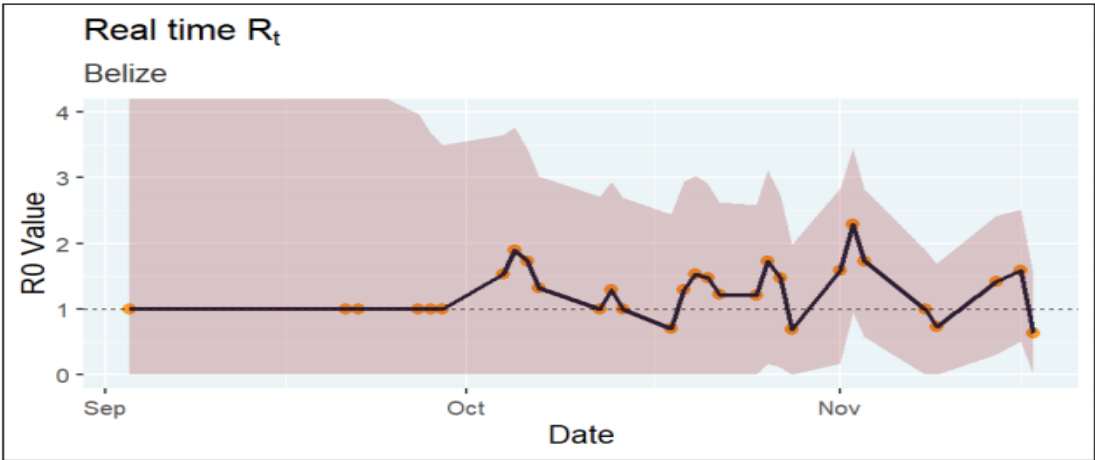
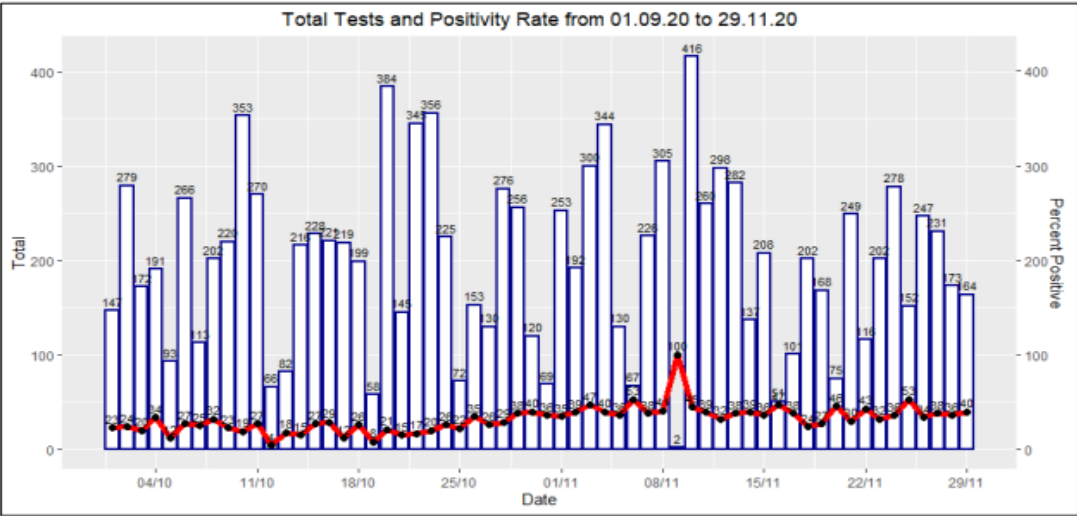
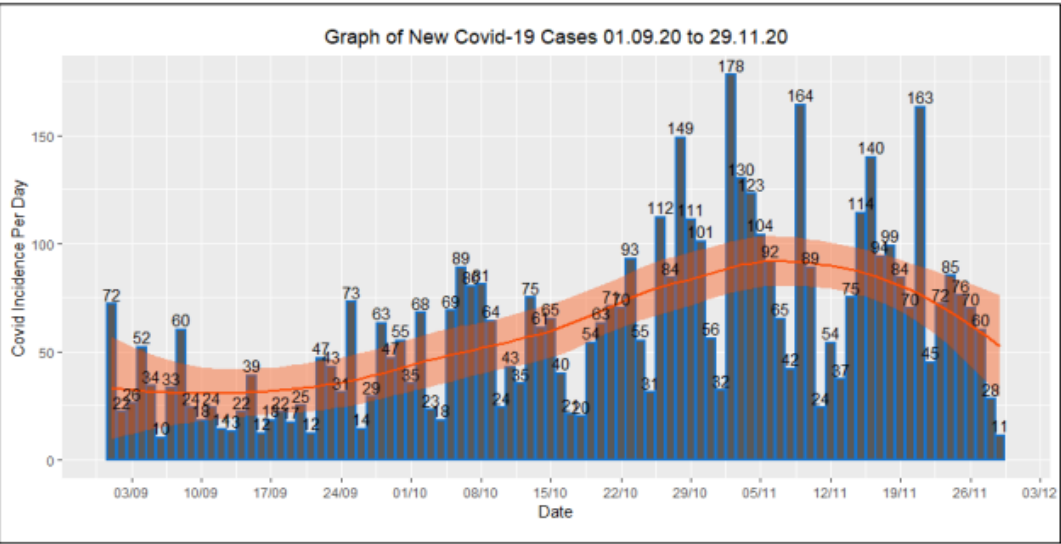
REFERENCES

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>

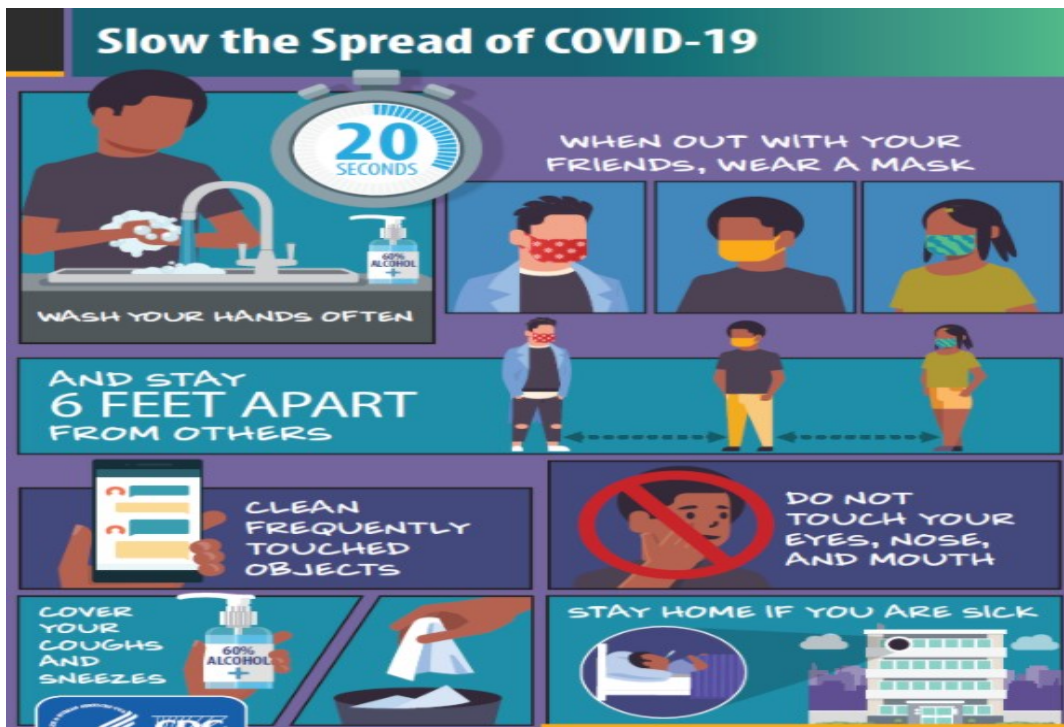
COVID-19 CASES FROM JANUARY TO NOVEMBER 2020



R_t represents the average number of new persons infected for each confirmed positive at a time. The apparent recent dip is due to a lag in sample processing and data entry.

COVID-19 figures
for 2020

PROTECTING OTHERS



MENTAL HEALTH

Health Education

COVID-19

KNOW HOW TO RELIEVE STRESS

Set limits:

on how much time you spend reading or watching news about the outbreak. Listen to reliable sources only.

Find people and resources:

you can depend on for accurate health information. Learn from them about the outbreak and how you can protect yourself against illness, if you are at risk.

Keep yourself healthy:

- Eat healthy foods, and drink water
- Avoid excessive amounts of caffeine and alcohol
- Do not use tobacco or illegal drugs
- Get enough sleep and rest
- Get physical exercise

Make time to unwind:

take deep breaths, stretch, meditate, wash your face and hands. Try to do some other activities you enjoy like reading and listening to music.

Connect with others:

Talk with people you trust about your concerns and how you are feeling.

MINISTRY of HEALTH
"Good health for all"

NEW YEARS RESOLUTION SHOULD BE ONE OF
CREATING HEALTHY HABITS

National Health Insurance
Contact information

#1 Lily Street
Belmopan
Cayo District

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



Stay safe.

Stay home.

Stay strong.

By setting sharp, clearly defined goals, you can measure your progress and continuously motivate yourself to progress toward the vision you have for your ideal work life. You will be able to see forward movement in what might otherwise feel like a long, pointless grind.

it takes
21
DAYS
to form a habit

CHRISTMAS AND NEW YEAR

NHI wishes everyone a Happy and
Blessed Christmas and a New Year.
Stay Safe!

