

**PROTOCOL FOR
REPORTING TO
THE MINISTRY
OF HEALTH**

EXPOSURE

OR

**VIRAL RELATED
SYMPTOMS**



GUIDELINES FOR REPORTING VIRAL RELATED ILLNESS - EXPOSURE

THE COUNTY MEDICAL OFFICER OF HEALTH HAS PROVIDED INFORMATION AND PRECAUTIONS NECESSARY FOR MANAGING -:

➤ **PERSONS THAT MAY HAVE TRAVELLED TO REGIONS, COUNTRIES, OF PREVALENCE OF THE CORONAVIRUS**

OR

➤ **CONTACT WITH PERSONS WHO MAY HAVE VISITED THE NOW KNOWN AREAS WITH INCIDENCE OF THE
CORONAVIRUS (COVID-19)**

SYMPTOMS FOLLOWING EXPOSURE THAT SHOULD BE REPORTED

A PERSON INFECTED MAY DEVELOP THE FOLLOWING WITHIN 7-14 DAYS OF EXPOSURE

1 FEVER

2 COUGH

3 ACUTE DIARRHOEA

4 SHORTNESS OF BREATH , BREATHING DIFFICULTIES

WHAT SHOULD YOU DO IF SYMPTOMATIC OR HAVE BEEN EXPOSED

1

IF YOU DEVELOP A MILD
COUGH OR LOW GRADE
FEVER (a temperature of
37.3 C), STAY AT HOME
AND SELF-ISOLATE,
AVOIDING CLOSE
CONTACT WITH FAMILY
MEMBERS

2

CONTACT YOUR AREA
HEALTH CENTRE, GIVING
THEM DETAILS OF YOUR
RECENT TRAVEL OR
EXPOSURE AND SYMPTOMS
YOU'RE EXPERIENCING

3

DO AVOID
VISITING PRIVATE
INSTITUTIONS AND
DOCTORS OFFICES

THE MINISTRY OF HEALTH WILL HAVE OFFICERS VISIT YOUR HOME FOR THE FOLLOWING:

- 1 TO HAVE SAMPLES TAKEN FROM YOU FOR CONFIRMATION OF THE VIRUS
- 2 TO ASSESS YOUR SYMPTOMS AND RECOMMEND MEDICATION SAFE TO HAVE. IT IS BEST TO AVOID ASPIRIN OR ASPIRIN BASED MEDICATION UNTIL YOU ARE ASSESSED
- 3 ARRANGE TRANSFER TO HOSPITAL FACILITY IF YOUR CONDITION REQUIRES SUPPORTIVE CARE AND MANAGEMENT

PREVENTION IS THE MOST IMPORTANT ACTION YOU CAN TAKE!

Wash your hands

Wash your hands with soap and running water when **hands are visibly dirty**



If your **hands are not visibly dirty**, frequently clean them by using alcohol-based hand rub or soap and water



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



MINISTRY OF HEALTH – PUBLIC HEALTH FACILITIES CONTACT INFORMATION

Facility	Address	Phone	Type	Region
Aranguéz Health Centre	Aranguéz Main Road, Aranguéz	(868)-638-2120	Health Centre	NWRHA
Arima Health Facility	Queen Mary Avenue, Arima	(868)-667-4714	District Health Facility	NCRHA
Arouca Health Centre	Corner George Street and Golden Grove Road, Arouca	(868)-642-1065	Health Centre	NCRHA
Barataria Health Centre	Eighth Avenue and Seventh Street, Barataria	(868)-638-2124/ 674-2227	Health Centre	NWRHA
Belle Garden Health Centre	Belle Garden	(868) 660-5830	Health Centre	TRHA
Bethel Health Centre	Bethel	(868)-639-8580	Health Centre	TRHA
Biche Outreach Centre	Canque Village, Biche	(868)-668-9053	Health Centre	ERHA
Black Rock Outreach Centre			Health Centre	ERHA
Blanchisseuse and Brasso Seco Health Centre	Paria Main Road, Lower Village, Blanchisseuse	(868)-669-4118	Health Centre	NCRHA
Bloody Bay Outreach Centre	Bloody Bay		Health Centre	TRHA
Brothers Road Outreach Centre	Brothers Road, Tabaquite	(868)-656-2547	Health Centre	ERHA
Buccoo Health Centre	Buccoo	(868)-639-0750	Health Centre	TRHA
Canaan Health Centre	Canaan	(868)-639-8829	Health Centre	TRHA
Carenage Health Centre	Constabulary Street, Carenage	(868)-632-1860	Health Centre	NWRHA
Castara Health Centre	Castara	(868)-639-2194	Health Centre	TRHA
Caura Hospital	St Augustine	(868)-645-4630	Hospital	NCRHA
Cedros Health Centre	St. Marie Street, Bonasse	(868)-690-1440	Health Centre	SWRHA
Chaguanas District Health Facility	Main Road and Galt St., Chaguanas	(868)-669-8958	District Health Facility	NCRHA
Charlotteville Health Centre	Charlotteville	(868) 660-6751; (868) 660-6055	Health Centre	TRHA
Chatham Health Centre	Main Road, Belle View		Health Centre	SWRHA
Claxton Bay Health Centre	Southern Main Road, Claxton Bay	(868)-659-1646	Health Centre	SWRHA
Coryal Outreach Centre	Corner Balata Hill Road and Cumuto Main Road, Coryal	(868)-668-8066	Health Centre	ERHA
Couva District Health Facility	Main Road, Couva	(868) 636-4024, (868) 225-HEAL	District Health Facility	SWRHA
Cumana Outreach Centre	Toco Main Road, Cumana Village, Cumana	(868)-670-8250	Health Centre	ERHA
Cumuto Outreach Centre	Main Road, Cumuto	(868)-643-9075	Health Centre	ERHA
Cunupia Health Centre	Larchu Trace, Cunupia	(868)-665-0183	Health Centre	NCRHA
Debe Health Centre	Wellington Road, Debe	(868)-647-6247	Health Centre	SWRHA
Delaford Health Centre	Delaford	(868)-660-5566	Health Centre	TRHA
Diego Martin Health Centre	#2 Church Street, Diego Martin	(868)-637-1860	Health Centre	NWRHA

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El Socorro Health Centre	El Socorro Road, San Juan	(868)-638-5218	Health Centre	NWRHA
Eric Williams Medical Sciences Complex	Uriah Butler Highway, Champ Fleurs	(868) 225-4673	Hospital	NCRHA
Erin Health Centre	Main Road, Buenos Ayres	(868)-649-8562	Health Centre	SWRHA
Flanagin Town Health Centre	Main Rd, Flanagin Town	(868)-636-2982	Health Centre	SWRHA
Freeport Health Centre	St. Mary's Junction, Freeport	(868)-673-0021	Health Centre	SWRHA
Fyzabad Health Centre	Main Road, Fyzabad	(868)-677-2034	Health Centre	SWRHA
Gasparillo Health Centre	Church Street, Gasparillo	(868)-650-1020	Health Centre	SWRHA
George Street Health Centre	#61-67 George Street, Port-of-Spain	(868)-623-5155	Health Centre	NWRHA
Gran Couva Bay Health Centre	Main Road, Gran Couva	(868)-679-9134	Health Centre	SWRHA
Grande Riviere Outreach Centre	Grande Riviere	(868)-670-8264	Health Centre	ERHA
Granville Health Centre	Syfo Road, Granville	(868)-648-2736	Health Centre	SWRHA
Guapo Health Centre	Hubertson Young Street, Guapo	(868)-648-2208	Health Centre	SWRHA
Guayaguayare Outreach Centre	Guayaguayare Road, Guayaguayare, Trinidad	(868)-630-8777	Health Centre	ERHA
Icacos Health Centre	Main Road, Icacos	(868)-648-2724	Health Centre	SWRHA
Indian Walk Health Centre	Petite Cafe, Moruga	(868)-655-2478	Health Centre	SWRHA
L'Anse Fourmi Outreach Centre	L'Anse Fourmi		Health Centre	TRHA
La Brea Health Centre	New Lands, La Brea	(868)-648-7562	Health Centre	SWRHA
La Horquetta Health Centre	Arthur Murray Crescent, La Horquetta Phase III	(868)-643-0911	Health Centre	NCRHA
La Romaine Health Centre	Zaida Lane, La Romain	(868)-657-1673	Health Centre	SWRHA
Las Cuevas Health Centre	Pole #9 School Road, Las Cuevas Village, Blanchisseuse	(868)-669-6302	Health Centre	NWRHA
Las Lomas Health Centre	Las Lomas # 1, Las Lomas	(868)-669-9789	Health Centre	NCRHA
Lengua Health Centre	Cipero and Papourie Roads, Lengua	(868)-656-5280	Health Centre	SWRHA
Les Coteaux Health Centre	Les Coteaux	(868) 660-0069	Health Centre	TRHA
Macoya Health Centre	Macoya Settlement, Tunapuna	(868)-663-4617	Health Centre	NCRHA
Maloney Health Centre	Maloney Boulevard, Maloney Gardens	(868)-642-1330	Health Centre	NCRHA
Manzanilla Outreach Centre	Eastern Main Road, Manzanilla	(868)-668-2063	Health Centre	ERHA
Marabella Health Centre	Market Street, Marabella	(868)-658-0470	Health Centre	SWRHA
Maraval Health Centre	Corner of Saddle Road & Mome Coco Road, Maraval	(868)-629-2043	Health Centre	NWRHA
Mason Hall Health Centre	Mason Hall	(868) 635-1622	Health Centre	TRHA
Matelot Outreach Centre	Main Road, Matelot	(868)-670-2428	Health Centre	ERHA
Matura Outreach Centre	Matura Main Road, Matura	(868)-668-6276	Health Centre	ERHA
Mayaro District Health Facility	Pierreville, Mayaro	(868)-630-1258	District Health Facility	ERHA
Moriah Health Centre	Moriah	(868) 660-0092	Health Centre	TRHA

MINISTRY OF HEALTH – PUBLIC HEALTH FACILITIES

CONTACT INFORMATION

Moruga Health Centre	Lanse Mitan, Moruga	(868)-656-7022	Health Centre	SWRHA
Morvant Health Centre	Dos Santos Street, Morvant	(868)-626-1044	Health Centre	NWRHA
Mt. Hope Women's Hospital	Champs Fleurs	(868)-662-7006	Hospital	NCRHA
Mt. St. George Health Centre	Mt. St. George	(868)-660-2119	Health Centre	TRHA
Oxford Street Health Centre	Corner of Observatory Street & Oxford Street, Port-of-Spain	(868)-623-6741	Health Centre	NWRHA
Palo Seco Health Centre	Main Road, Palo Seco	(868)-649-4482	Health Centre	SWRHA
Parlatuvier Health Centre	Parlatuvier	(868)-639-5063	Health Centre	TRHA
Pembroke Health Centre	Pembroke	(868) 660-4100	Health Centre	TRHA
Pembroke Street Health Centre	Pembroke Street, Port-of-Spain		District Health Facility	NWRHA
Penal Health Centre	Southern Main Road, Penal	(868)-647-4417	Health Centre	SWRHA
Penal Rock Road Health Centre	4 1/2 mile marker, Penal Rock Road	(868)-647-0892	Health Centre	SWRHA
Petit Valley Health Centre	Corner of Simeon Road & Morne Coco Road, Petit Valley	(868)-637-3284	Health Centre	NWRHA
Pleasantville Health Centre	Chaconia Avenue and Prince Albert Streets, Pleasantville	(868)-653-0521	Health Centre	SWRHA
Plymouth Health Centre	Plymouth	(868)-639-2982	Health Centre	TRHA
Point Fortin Area Hospital	Volunteer Road, Mahaica, Point Fortin	(868)-648-3234	Hospital	SWRHA
Point Fortin Health Centre	Techier Main Road, Point Fortin	(868)-648-2329	Health Centre	SWRHA
Port-of-Spain General Hospital	Upper Charlotte Street, Port-of-Spain	(868)-623-2951	Hospital	NWRHA
Princes Town Health Centre	Circular Road, Princes Town	(868) 655-8433, (868) 225-HEAL	District Health Facility	SWRHA
Rio Claro Health Centre	Corner De Verteuil and Dougdeen Streets, Rio Claro	(868)-644-2236	Health Centre	ERHA
Rochard Douglas Health Centre	Rochard Douglas Road	(868)-654-1641	Health Centre	SWRHA
Roxborough Health Centre	Roxborough	(868) 660-4620	Health Centre	TRHA
Roy Joseph Health Centre	Gomez Street, San Fernando	(868)-652-0806	District Health Facility	SWRHA
San Fernando General/Teaching Hospital	Independence Avenue, San Fernando	(868) 652-3581, (868) 225-HEAL	Hospital	SWRHA
San Juan Health Centre	Real Street, San Juan	(868)-638-3618/ 675-1535	Health Centre	NWRHA
San Rafael Health Centre	Talparo Main Road, San Rafael	(868)-643-8645	Health Centre	NCRHA
San Souci Outreach Centre	Main Road San Souci	(868)-670-2382	Health Centre	ERHA
Sangre Grande Health Centre	Brierly Sreet and River Street, Sangre Grande	(868)-668-2509	Health Centre	ERHA
Sangre Grande Hospital	Ojoe Road, Sangre Grande	668-2273 / 2221 / 2468 / 2577	Hospital	ERHA
Santa Cruz Health Centre	Saddle Road, San Juan	(868)-676-7400/7067	Health Centre	NWRHA

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Scarborough General Hospital	Connector Road, Signal Hill, Tobago, Trinidad and Tobago	(868)-660-4744	Hospital	TRHA
Scarborough Health Centre	Scarborough	(868)-639-2612	Health Centre	TRHA
Siparia District Health Facility	High Street, Siparia	(868) 649 -1136 / 0691	Health Centre	SWRHA
South Oropouche Health Centre	Main Road, Oropouche	(868)-677-7305	Health Centre	SWRHA
Speyside Health Centre	Speyside	(868)-660-4044	Health Centre	TRHA
St. Ann's Hospital (Mental Health)	St. Ann's	(868)-624-1151	Hospital	NWRHA
St. Helena Health Centre	North Bank Road, St. Helena	(868)-669-1183, (868)-669-7027	Health Centre	NCRHA
St. James District Health Facility	#112 Western Main Road, St. James	(868)-622-1142	District Health Facility	NWRHA
St. Joseph Enhanced Health Centre	Uriah Butler Highway, Champ Fleurs	(868)-663-3419	Health Centre	NCRHA
Ste. Madeleine Health Centre	Manahambre Road, Ste. Madeleine	(868)-653-2303	Health Centre	SWRHA
Success Lavantille Health Centre	Espinet Street, Laventille	(868)-623-6434	Health Centre	NWRHA
Tabaquite Health Centre	Main Road, Tabaquite	(868)-636-2989	Health Centre	SWRHA
Tableland Health Centre	Naparima/Mayaro Road, George Village	(868)-656-3500	Health Centre	SWRHA
Tacarigua Extended Care Facility	Upper El Dorado Road, Tunapuna	(868)-662-4617	District Health Facility	NCRHA
Tacarigua Health Centre	El Dorado Road, Tunapuna	(868)-662-4819	Health Centre	NCRHA
Talparo Health Centre	Talparo Community Centre, Talparo Main Road, Talparo	(868)-643-7309	Health Centre	NCRHA
Toco Health Centre & 24 hours A&E	Paria Main Road, Toco	(868)-670-8277	Health Centre	ERHA
Todd's Road Health Centre	Flecher Road, Todd's Road	(868)-671-5176	Health Centre	SWRHA
Tunapuna Health Centre		(868)-663-4617	Health Centre	NCRHA
Upper Lavantille Health Centre	St. Barbs Road, Laventille	(868)-624-4438	Health Centre	NWRHA
Valencia Outreach Centre	Alexander Street, Valencia	(868)-667-8197	Health Centre	ERHA
Williamsville Health Centre	Main Road, Williamsville	(868)-655-1751	Health Centre	SWRHA
Woodbrook Health Centre	92A Tragarete Road, Port of Spain	(868)-622-2045	Health Centre	NWRHA