

The HEALTH Cycle

A Ministry of Health Publication



FEATURE ARTICLE
**WORLD ORAL
HEALTH WEEK**
Pg. 20

HEALTH SERVICES SPOTLIGHT
**NATIONAL HIV
TESTING DAY**
Pg. 23

**THE NCD
PORTAL**
Pg. 16

FEATURE HEALTH PROFESSIONAL
**RHONDA LOWRY
ROBINSON**
Pg. 13

**NUTRI
BITES**
Pg. 26

**TRAINING
SPOTLIGHT**
Pg. 09

**IN THE
NEWS**
Pg. 28

DATA WATCH
Pg. 18





Editorial Team

PUBLISHING ORGANIZATION
THE MINISTRY OF HEALTH

PUBLISHER/EDITOR-IN-CHIEF
DR. MARISSA CARTY

MANAGING EDITOR
MS. VERA EDWARDS FRANCE

ASSOCIATE EDITOR
MRS. RHONDA LOWRY ROBINSON

PHOTOGRAPHER
MR. PATRICK BATTICE

CONTRIBUTORS
LATOYA MATTHEW DUNCAN,
LUCINE PEMBERTON VAUGHAN,
DR. MATHIAS OFRE,
CHERE ANN WEAVER, AKILA MOORE,
DR. RANDY LIBURD

ABOUT THE HEALTH CYCLE

The Health Cycle is the official newsletter of the Ministry of Health – St. Kitts and Nevis. It brings you the latest in public health updates, wellness tips, program highlights, and community stories that inform, inspire, and empower. Stay connected as we promote healthier lives for all.

© 2025 Ministry of Health – St. Kitts and Nevis.
The Health Cycle is a digital publication of the Ministry of Health. Content may be shared for educational and non-commercial purposes with proper attribution. For permissions or inquiries, please contact the Health Promotion Unit.



Table of Contents

- 04 - 06** **Welcome Messages**
Messages from the Prime Minister/Minister of Health, the Permanent Secretary and the Chief Medical Officer
- 07** **Health Promotion Unit's**
Calendar of Activities
- 09** **Training Spotlight**
Key training initiatives highlighting efforts to build capacity, enhance service delivery, and strengthen the health workforce
- 13** **Health Professional Interview**
Insightful interview with Nurse Rhonda Lowry Robinson
- 15** **Donation Highlights**
A look at the generosity powering healthcare
- 16** **The NCD Portal**
Empowering Women: The importance of Cancer Screening in St. Kitts and Nevis
- 18** **Data Watch**
Data Surveillance insights into health trends in St. Kitts and Nevis
- 20** **Feature Article**
Celebrating World oral Health Week 2025, "A Healthy mouth is a Healthy Mind"



- 22** **Brain Break**
Exciting puzzles and facts based on the feature article
- 23** **Health Service Spotlight**
National HIV/AIDS Program: National HIV Testing Day
- 26** **Nutri Bites**
Nutrition Education and Information highlighting Macronutrients
- 28** **In the News**
Stories, highlights and milestones from the frontlines of public health
- 34** **Health Center Services**
Key services provided by the Health Centers and their contact information
- 35** **National Vaccination Schedule**
A guide showing the recommended vaccines for each age group
- 36** **Editor's Message**
Welcome to the first edition of The Health Cycle
- 38** **Feedback**
Let us know what you think about The Health Cycle



Message From
The Honourable Dr. Terrance M. Drew
Prime Minister of Saint Christopher and Nevis
Minister of Health et al
Inaugural Edition of the Ministry of Health Newsletter

As Prime Minister and Minister of Health, it brings me personal joy and professional pride to welcome you to the very first issue of our Ministry of Health Newsletter. This publication is a reflection of our shared journey toward a healthier, stronger, and more informed St. Kitts and Nevis.

I hold a deep conviction that the health of our people is the bedrock of national development. Every initiative we undertake, from building a new national hospital to expanding primary care services in communities, is guided by one clear principle: healthcare must be people-centered, preventative, and equitable.

This newsletter reflects our government's commitment to empowering our citizens through education, transparency, and engagement. It will serve as a vital bridge between the Ministry and the public, offering timely updates on wellness campaigns, disease prevention efforts, and the milestones we continue to achieve on our journey toward becoming a truly Sustainable Island State.

I encourage all citizens and residents to make full use of this resource. Let it inform your choices, deepen your understanding of health matters, and strengthen your partnership with our healthcare system.

Together, let us continue to build a nation where wellness is a way of life and good health is within reach for every man, woman, and child.



Hon. Dr. Terrance M. Drew
Hon. Dr. Terrance Drew
Prime Minister of Saint Kitts and Nevis



Message From
Mr. Curtis Martin

Permanent Secretary, Ministry of Health (St. Kitts)

Welcome to the Inaugural Issue of The Health Cycle!

Dear Health & Wellness Enthusiasts, Patients and Medical Staff

We are excited to introduce The Health Cycle, our new newsletter designed to keep you informed, engaged, and connected. As we embark on this journey together, our goal is to create a dynamic space where you can access valuable insights, share experiences, and stay updated on the latest trends in healthcare and medical advancements.

In each issue, you can expect:

- **Expert advice** on best practices in patient care.
- **Spotlights** on our amazing colleagues and their contributions.
- **Wellness tips** to support your mental and physical health.
- **Updates** on policies, procedures, and industry news.

This is just the beginning, and we want The Health Cycle to evolve with your needs and feedback. Whether you're a patient, doctor, nurse, technician, or support staff, your input is essential to making this newsletter a valuable resource for everyone.

Thank you for your unwavering dedication to the health and wellbeing of our communities. We hope you enjoy reading, sharing, and contributing to the The Health Cycle!

Warm regards,

Curtis A. Martin
Permanent Secretary





Message From
Dr. Hazel Laws

Chief Medical Officer, Ministry of Health (St. Kitts)

Welcome to Q1 2025 Edition of “The Health Cycle”

Inside, we highlight significant progress in staff development at JNF General Hospital, including formal training programs for emergency medicine technicians and pre-ER staff, as well as ongoing medical education for ER doctors and nurses. Human resource development remains a top priority for the Ministry of Health. This year, our focus is on capacity building, with the goal of ensuring that this training leads directly to better health outcomes for our patients.

This issue offers an overview of the current landscape of infectious diseases, including measles and other vaccine-preventable illnesses, influenza, gastroenteritis, and HIV testing. The Ministry of Health remains committed to providing the public with accurate and timely information on emerging health risks, along with evidence-based recommendations to support prevention and response efforts.

We invite you to explore this issue as we highlight the vital contributions of frontline health professionals and provide updates on key public health programs and interventions. As members of the public, service users, and valued stakeholders, your engagement is crucial to the success of our health system. We encourage you to subscribe to this newsletter, stay informed, and play an active role in advancing the health and well-being of our nation.

subscribe #stay-in tuned!!

Office of the Chief Medical Officer
June 4, 2025



HEALTH PROMOTION UNIT

1st Quarter Activities

FEBRUARY

06

HIV ABSTINENCE CAMPAIGN BEGINS

Education Sessions in High Schools and CFBC

10

TASTE OF TAIWAN

Nutrition Program and Diabetes Educator Flora Chen ICDF Volunteer



MARCH

11

OBESITY DAY FUN RUN

HPU St. Kitts joined HPU Nevis for their annual Obesity Day Fun Run

13

WORLD OBESITY DAY INTERVIEW

Interview with the winners of the Obesity Day Essay Competition

13

WORLD KIDNEY DAY

Nutrition Program distributed kidney health booklets at the Hemodialysis Unit

20

DIABETES NUTRITION & FOOTCARE

The Nutrition & NCD Programs held a workshop for Health Center Clients on Diabetes & Footcare.

21

NATIONAL HIV TESTING DAY

The National AIDS Secretariat held a record breaking HIV Rapid Testing Outreach

24

WORLD TUBERCULOSIS DAY

Theme: "Yes! We Can End TB: Commit, Invest, Deliver."



YELLOW FEVER TRAVEL ADVISORY



ATTENTION TRAVELERS: Are you planning a trip to South America or Africa?



Yellow fever is a serious viral disease transmitted by infected *Aedes aegypti* and *Aedes albopictus* mosquitoes.



Several countries are at risk of yellow fever transmission and require proof of vaccination before entry, including:

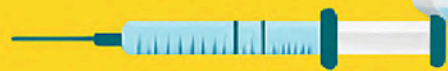
Bolivia  **Brazil** 

Colombia  **Guyana** 

Peru 


GOOD NEWS:

A single dose of the yellow fever vaccine provides lifelong protection



Get vaccinated at the Basseterre Health Centre in St. Kitts and the Charlestown Health Centre in Nevis.

BASSETERRE:

 (869) 467 - 1139

CHARLESTOWN:

 (869) 660 - 6383

PROTECT YOURSELF:



Wear light-colored clothing.



Use insect repellent



Stay in screened accommodations.

Stay Protected. Travel Smart!

Get Vaccinated Before You Go!



Advancing Emergency Medicine in St. Kitts and Nevis

U.S.-Led Training Builds Capacity Among Local A&E Staff



A major step in strengthening the emergency care system was taken from January 27th to 31st, as healthcare professionals across St. Kitts and Nevis participated in a week-long Emergency Medicine Training held at the Joseph N. France General Hospital.

Led by Dr. Kaylah Maloney, a U.S. board-certified emergency medicine physician and proud daughter of the soil, the training was facilitated by a team of international experts with one clear mission: equip local doctors with cutting-edge skills in emergency care.

The sessions covered topics on echocardiography, emergency lung ultrasounds, and advanced cardiac life support (ACLS). Participants also benefited from Continuing Medical Education (CME) lectures on managing common emergency conditions—vital knowledge for frontline responders.



“This effort represents a powerful investment in our healthcare system. We are proud to see one of our own return to give back in such a meaningful way.”

Doctors and nurses from the Accident & Emergency Unit welcomed the opportunity to enhance their competencies through interactive sessions, case-based learning, and peer collaboration.

This training marks Phase One of a broader initiative aimed at modernizing emergency response practices in the Federation. With more training phases planned in the coming months, the Ministry of Health remains committed to continuous professional development, high-quality patient care, and resilient health systems.

The Ministry of Health sincerely thanks Dr. Maloney and her team of volunteers for their outstanding contributions and dedication to national development. Together, we continue to invest in lives—one skill, one emergency, one success at a time.



New EMT Officers Begin Training to Serve and Save

On February 3rd, the Ministry of Health proudly welcomed a new cohort of 10 Emergency Medical Technician (EMT) Officers who officially began their intensive training programme designed to prepare them for the rigours of frontline emergency response.

Over the next six weeks, these recruits will be immersed in a rigorous curriculum that includes both classroom instruction and field exercises, ensuring they are well-equipped to provide critical, life-saving care in times of crisis. Their training covers four major areas of emergency response excellence:

- Trauma Scene Management
- Special Patient Care
- Large Vehicle Operations
- Customer Service in Emergency Response

This comprehensive approach not only prepares them for the technical demands of the job but also emphasizes the importance of professionalism, empathy, and communication in serving the people of St. Kitts and Nevis.

This training programme is part of the Ministry's ongoing strategy to build capacity within the Emergency Medical Services (EMS), ensuring that communities across the islands receive timely, high-quality care during emergencies.

As they embark on this journey, we extend our full support and best wishes to these dedicated trainees. The road ahead is challenging—but it leads to one of the most meaningful careers in healthcare.

St. Kitts Hosts CARPHA Arboviral Detection Training

The Federation proudly hosted a CARPHA-led Arboviral Detection Training Workshop, on March 12th, a vital initiative aimed at strengthening national preparedness and response to mosquito-borne diseases such as dengue, chikungunya, and Zika.



Public health professionals from various departments came together for this intensive, hands-on training designed to enhance diagnostic capabilities, improve early detection methods, and refine surveillance techniques critical to vector-borne disease control.



This workshop reflects the continued collaboration between St. Kitts and Nevis and the Caribbean Public Health Agency (CARPHA), and underscores the Ministry of Health's proactive stance in protecting communities from emerging and re-emerging public health threats.

Participants engaged in:

- Laboratory testing simulations
- Surveillance data interpretation
- Outbreak investigation protocols
- Cross-sectoral response coordination

As mosquito-borne illnesses continue to pose a regional threat, this training builds resilience and empowers our national health system to respond swiftly and effectively.

The Ministry extends gratitude to CARPHA and all participants for their dedication to public health advancement. Together, we are reinforcing the shield of preparedness, prevention, and protection across the Federation.

BFHI Training For Healthcare Staff:

Supporting Healthier Beginnings

Healthcare professionals from across the Federation gathered on February 12th for a focused training session under the Baby-Friendly Hospital Initiative (BFHI), reaffirming their dedication to gold-standard maternal and newborn care.

Held at the JNF General Hospital, this training strengthened the capacity of nurses, midwives, and support staff to uphold the Ten Steps to Successful Breastfeeding, core to the BFHI guidelines developed by the World Health Organization (WHO) and the Pan American Health Organization (PAHO).



JNF General Hospital earned its BFHI certification from PAHO in 2022, marking a significant achievement in improving infant health outcomes. This ongoing training reaffirms our commitment to maintaining that status and advancing policies and practices that promote breastfeeding and optimal infant nutrition.

The session covered a range of essential topics, including:

- Immediate skin-to-skin contact after birth
- Rooming-in practices to strengthen mother-baby bonding



- Educating mothers on exclusive breastfeeding
- Providing consistent, compassionate postnatal support

Participants left equipped with updated knowledge and practical strategies to support families from the very first moments of life.

As we continue to champion baby-friendly principles, the Ministry of Health extends thanks to all participants and facilitators for their role in fostering a healthier, more informed generation of caregivers and families.



Data Collection Training for National Workforce Study

Strengthening the Future of Nursing



The Ministry of Health took a significant step toward advancing the nursing profession in St. Kitts and Nevis on March 20th, with a focused training session for the research project titled “A Descriptive Analysis of the National Nurses Workforce in St. Kitts and Nevis.” Held at the Ministry of Health Conference Room, the session was led by Dr. Rondalyn Dennis-Bradshaw, Principal Nursing Officer, and supported by key partners from Institutional and Community Nursing Services and the Division of Health Sciences at CFBC.

The training brought together data collectors from both St. Kitts and Nevis, equipping them with the knowledge and skills necessary for accurate and ethical data gathering. Participants were introduced to the purpose and scope of the survey, which aims to provide a comprehensive picture of the national nursing workforce—information that will be vital for shaping evidence-based health policies and workforce planning.

Throughout the day, attendees engaged in a variety of sessions, including presentations on the importance of the survey, overviews of data collection tools, and discussions on ethical standards and data protection. Special emphasis was placed on interview techniques, informed consent, and ensuring participant confidentiality.

A highlight of the session was the role-playing exercises, where participants practiced real-life data collection scenarios. These hands-on simulations not only boosted confidence but also helped participants refine their problem-solving and communication skills.

The outcome? A team of well-prepared data collectors ready to gather high-quality, reliable information that will serve as the backbone for improving nursing services across the federation.

The Ministry of Health extends its gratitude to all stakeholders involved and looks forward to the successful execution of this crucial research project—one that affirms our commitment to evidence-based planning and the continued strengthening of healthcare delivery in St. Kitts and Nevis.



AN EXCLUSIVE INTERVIEW

WITH RHONDA LOWRY ROBINSON

Q2: What is your current role in the community health system?

I serve as Community Nurse Manager at the St. Peter Health Centre, coordinating and delivering the Ministry of Health's services to residents.

Q3: What are some major health concerns in your community?

We're seeing rising cases of mental health disorders, especially among young men, increased vaccine hesitancy, and a troubling lack of support for elderly home care.

Q4: How does your team promote wellness and prevent illness?

Prevention of health problems constitute the major functions of community nursing practice. We follow a three-level prevention model:

Primary prevention: Education and vaccination to stop illness before it starts.

Secondary prevention: Early detection through screenings like Pap tests.

Tertiary prevention: Managing existing conditions, such as post-stroke rehabilitation.

We also work closely with other health and social care professionals to ensure accessible and holistic care.

Q1: What inspired you to pursue a career in healthcare?

Growing up around the Tabernacle Health Centre where my mom worked, I was surrounded by kind and caring nurses. At just four years old, while my mom was delivering my youngest sister, I told her I wanted to be a nurse — and that dream stayed with me.



Q5: What recent program or initiative are you most proud of, and why?

I'm especially proud of championing vaccines and the introduction of the HPV vaccine (Gardasil 4) into our national program. It protects children against cancer-causing HPV strains and marks a major step forward in preventive care in our nation.

Q6: How has access to healthcare improved in your district?

Access has greatly improved thanks to free, enhanced services delivered by skilled, dedicated healthcare professionals. We emphasize preventive care, early detection of and intervention for health issues and share relevant information, thus leading to better health outcomes.

Q7: How do you and your team build trust with the community?

We build trust by truly listening, getting to know families, and being open, honest, and consistently present in their lives.

Q8: How do you stay motivated in this demanding field?

My passion for helping others, setting and reaching goals, supportive colleagues, and a strong sense of purpose keep me going.



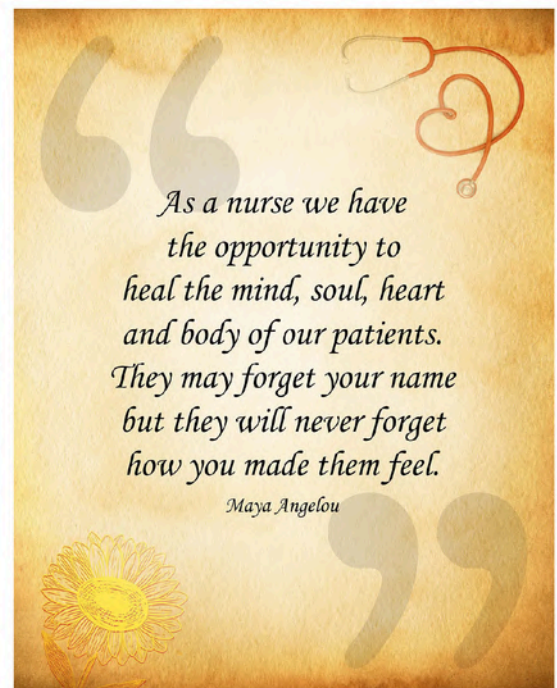
Q9: What message would you like to share about using health center services?

Our centers offer free, family-wide services that focus on prevention, early intervention, and education – all aimed at ensuring better health outcomes.

Q10: What advice would you give to young people considering community health?

Nursing is one of the most rewarding careers. It allows you to make a meaningful difference, grow personally and professionally, and build lasting bonds.

Yes, it's demanding – but the impact you make is truly priceless.



GRATEFUL HEARTS, HEALTHIER FUTURES

Donation Highlights

A Look at the Generosity Powering Healthcare in St. Kitts and Nevis

The Ministry of Health proudly recognizes the remarkable acts of generosity received during the first quarter of 2025, as individuals and institutions came together to strengthen healthcare delivery in St. Kitts and Nevis. These thoughtful donations not only enhance the quality of services provided but also reaffirm the deep bonds between our local and international partners.



♥ February 10th – A Heartfelt Donation to Maternity Care

The JNF General Hospital received a touching contribution from Mr. Sheldon Pemberton and his family, made in loving memory of his late mother, Mrs. Sheila Pemberton—a former JNF Hospital Administrator. The donation includes portable ultrasound machines with doppler functionality, two CTG machines for monitoring twin pregnancies, and fetal heart monitors.

These critical tools will improve maternal and neonatal care, ensuring safer births and better outcomes for mothers and babies across the Federation. Mrs. Pemberton's legacy of service to healthcare continues to make a meaningful impact, one heartbeat at a time.

🌐 February 10th – Bridging Distances Through Technology

The Embassy of St. Kitts and Nevis to the Republic of China (Taiwan) donated an advanced Aver A30 All-in-One video conferencing camera to the JNF General Hospital. Facilitated by the embassy's Second Secretary, Ms. Rolhensha Henry, this donation strengthens our digital capabilities, enabling telemedicine and strategic communication between St. Kitts and Nevis and our future sister hospital—Taipei Veterans General Hospital. This gift opens new doors for collaboration, professional development, and patient support through virtual connectivity.



☀ March 26th – Lifesaving Supplies from Taipei Veterans General Hospital

In a continued spirit of friendship, the Taiwan Veterans General Hospital generously donated a wide range of medical supplies, including nasal cannulae, dental tools, pediatric essentials, and high-tech disinfectant solutions.

The handover ceremony was graced by H.E. Ambassador Michael Lin, Permanent Secretary Mr. Curtis Martin, Dr. Jensen Morton, and senior hospital officials. These resources will directly contribute to better patient outcomes and infection control across departments.



THE NCD PORTAL



Empowering Women: The Importance of Cancer Screening in St Kitts & Nevis

by **Vera Edwards France**
Health Educator/Counselor

In St. Kitts & Nevis and other developing countries, cancer has become an increasingly urgent health issue, especially for women. Among the most common and preventable types are cervical cancer and breast cancer. Early detection through regular screening can save thousands of lives each year, yet many women still face barriers to accessing these vital services.

Cervical and Breast Cancer: A Growing Challenge

Cervical cancer is largely preventable and curable when caught early. It is primarily caused by the human papillomavirus (HPV), a common infection that can lead to abnormal cell changes in the cervix. Without screening, these changes often go undetected until the cancer is in an advanced stage.

Breast cancer, the most common cancer among women globally, is highly treatable when detected early. However, in developing countries like ours, many women are diagnosed too late due to limited awareness, lack of access to mammography, and cultural stigmas.

THREE REASONS WHY SCREENING MATTERS

- 1. Early Detection Saves Lives:** Screening allows for the identification of cancer before symptoms appear, making treatment more effective and less invasive.
- 2. Lower Healthcare Costs:** Treating cancer at an early stage is less costly than managing advanced disease, which can be financially devastating for families.
- 3. Empowerment Through Knowledge:** Educating women about their bodies and health rights fosters stronger communities and better health outcomes.

Recommended Screening Methods

Pap smears and HPV tests for cervical cancer, ideally starting at age 18 or the commencement of sexual intercourse and then repeated once yearly.

Clinical breast exams and mammography for breast cancer, especially for women over 40 or with a family history.

How Women Can Reduce Cancer Risk

While not all cancers are preventable, several lifestyle changes can reduce the risk:

- **Get Vaccinated:** The HPV vaccine can prevent most cases of cervical cancer.
- **Avoid Tobacco and Alcohol:** These are major risk factors for many types of cancer.
- **Maintain a Healthy Diet and Weight:** A balanced diet and regular exercise strengthen the immune system.
- **Breastfeed if Possible:** Breastfeeding has been linked to a lower risk of breast cancer.
- **Seek Regular Medical Care:** Basic check-ups can help catch signs of illness early.

Our Kittitian and Nevisian women deserve to have easy access to life-saving cancer screenings. With education, improved healthcare services, and community support, we can reduce the impact of cervical and breast cancer and create healthier futures for our daughters, mothers, aunts and nieces. Investing in prevention today ensures stronger families and more resilient communities tomorrow.



Data Surveillance Insight into Health Trends in St. Kitts and Nevis

By Akila Moore
Medical Statistician

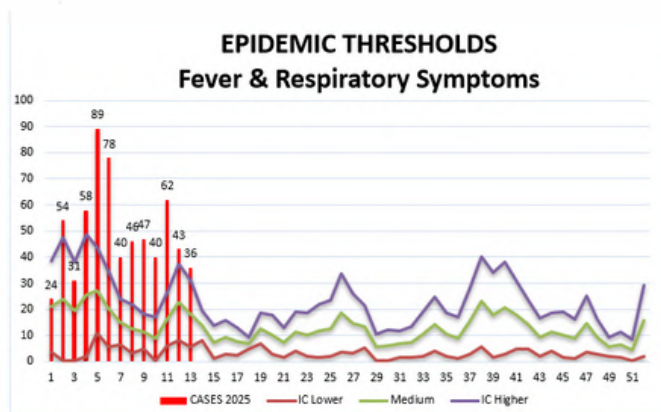
DATA WATCH

Health data surveillance plays a vital role in protecting and improving public health. By systematically collecting, analyzing, and interpreting health data, we can detect disease outbreaks early, such as flu or gastroenteritis spikes, track ongoing trends like chronic illness, infections, and cancer incidence, inform policies and programs that address the real needs of our communities and guide timely interventions to prevent illness and reduce the burden on our health system. When we use health data effectively, we move from reacting to health threats to preventing them—building a healthier, more resilient population.

Fever & Respiratory Symptoms

Between January and April 26th, 2025, the Federation recorded 648 Fever & Respiratory Symptoms cases, with 138 cases in children under 5 years and 510 in individuals 5 years and older. This marks an increase of 166 cases compared to the same period in 2024.

📍 Highest number of cases were recorded in St. Kitts.



Respiratory Tract Infections (RTIs)

A total of 248 respiratory cases were reported for the quarter—25 in children under 5, and 223 in those aged 5 and above. This represents a 17% decrease from the 299 cases reported in 2024.

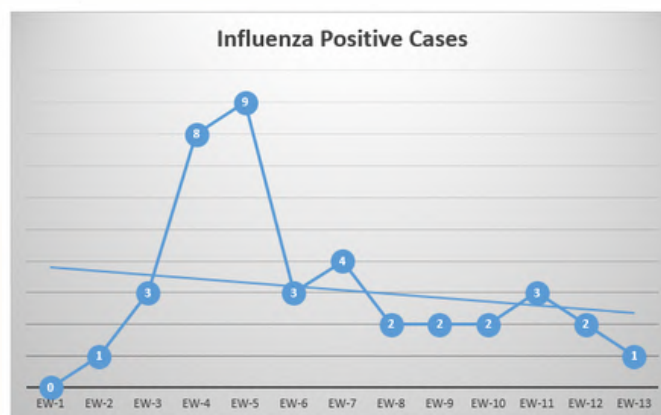
✓ COVID-19 Testing

- 2 positive cases
- 96 negative tests

✓ Influenza Surveillance

- 40 confirmed influenza cases
 - Type A: 39 cases
 - Type B: 1 case

Influenza positivity appears to be on a downward trend compared to 2024.



Arboviruses

Dengue activity has remained relatively low, with only 1 confirmed case and 26 negative results for the first quarter. Ongoing vector control and surveillance remain key priorities.

Viral Infections and Gastroenteritis

	2025 (January-Up to April 26th)	2024 (January-Up to April 26th)
Covid-19	2	30
Influenza	44	27
RSV	0	2
Dengue	1	27
Gastroenteritis	394	457

Between January and April 2025, there were 394 reported cases of gastroenteritis, a slight decline from the 457 cases in 2024.

EPIDEMIC THRESHOLDS

Gastroenteritis

Week	CASES 2025	IC Lower	Medium	IC Higher
1	26	10	10	20
3	8	10	10	15
5	41	5	12	30
7	16	5	16	30
9	10	5	17	40
11	14	10	22	48
13	22	10	22	30
15	22	5	12	20
17	5	5	10	15
19	5	5	10	15
21	5	5	10	20
23	5	5	10	15
25	5	5	10	10
27	5	5	10	15
29	5	5	10	20
31	5	5	10	10
33	5	5	10	10
35	5	5	10	10
37	5	5	10	15
39	5	5	10	15
41	5	5	10	15
43	5	5	10	15
45	5	5	10	20
47	5	5	10	15
49	5	5	10	15
51	5	5	10	15

In the first quarter of 2025, there were 25 new cancer cases, compared to 32 in the same period of 2024.

- Prostate Cancer – 28%
- Breast Cancer – 20%
- Skin Cancer – 20%
- Cervical Cancer – 12%
- Endometrial Cancer – 8%

New Cases	1 st Quarter 2025	1 st Quarter 2024
Males	12	14
Females	13	18
Totals	25	32

As of the end of Q1 2025, there were 8 new HIV cases reported—6 males and 2 females—a slight increase from 6 cases in Q1 2024.

HIV Incidence, 1st Quarter 2025-2024

New Cases	1 st Quarter 2025	1 st Quarter 2024
Males	6	5
Females	2	1
Totals	8	6

- ✓ Communicable diseases remain a key area of surveillance with notable trends in influenza and gastroenteritis.

✓ HIV and cancer case tracking continue to provide crucial insight into ongoing public health needs.

- ✓ Ongoing data collection and reporting ensure responsive and informed health planning.

FEATURE ARTICLE

Dental Health

Celebrating World Oral Health Week 2025



"A Happy Mouth is a Happy Mind"

From March 16–21, the Ministry of Health's Dental Services Department led a dynamic week of activities across the Federation to mark World Oral Health Week 2025, culminating in the global celebration of World Oral Health Day on March 20.

This year's theme, "A Happy Mouth is a Happy Mind," reflected a powerful message: good oral health enhances not only physical wellness, but also self-confidence, emotional health, and social well-being.

In a public release, Chief Medical Officer (CMO) Dr. Hazel Laws emphasized the importance of oral health as both a preventive tool and a human right. "Healthy gums and teeth are critical not just for eating and speaking, but for mental health and quality of life," said Dr. Laws. "The Ministry is committed to scaling up dental services and education across every age group."

Oral health is intricately linked to overall health, and poor dental hygiene can trigger a cascade of other medical issues. When bacteria from oral infections enter the bloodstream, they can affect major organs

such as the heart and lungs, increasing the risk of cardiovascular and respiratory diseases.

Furthermore, difficulties with chewing or speaking due to dental problems can affect nutrition, self-expression, and self-esteem, leading to decreased quality of life. A confident smile, supported by strong oral health, enables better social interaction, which contributes to mental wellness and emotional **balance**.

HIGHLIGHTS OF THE WEEK

Dental Health Fair

Held at a central location, this public event offered:

- Free dental screenings
- Referrals for additional care
- Oral hygiene demonstrations
- Education booths for children and adults

School Visits: Brushing Up Good Habits

The Public Health Dental Team brought oral hygiene education directly to primary schools across St. Kitts. Through fun activities, hands-on brushing demos, and the distribution of free toothbrushes, children learned:

- To brush twice a day with fluoride toothpaste
- To reduce sugary snacks
- The importance of regular dental visits

A special moment came when Minister of Education, Hon. Dr. Geoffrey Hanley, joined the sessions, interacting with students and promoting good oral habits.





THE MIND-MOUTH CONNECTION

The Ministry's messaging throughout the week focused on how oral hygiene affects total wellness:

- Infections in the mouth can lead to heart disease, lung infections, and more.
- Poor oral health impacts speech, nutrition, and mental well-being.
- Confidence grows with a healthy smile—helping people at school, at work, and in life.

TIPS FOR GOOD ORAL HEALTH

Regular brushing helps remove plaque, a sticky film of bacteria that forms on teeth and can lead to cavities and gum disease. Using fluoride toothpaste strengthens tooth enamel and prevents decay.

Flossing or using interdental brushes ensures that food particles and bacteria between the teeth are removed—areas often missed by regular brushing. This is key to preventing gingivitis and maintaining gum health.



Maintaining a balanced diet supports oral health by providing essential nutrients like calcium and vitamin D. Reducing sugary snacks and beverages helps prevent tooth decay and reduces the risk of cavities. Tobacco use and excessive alcohol consumption are harmful not just to general health, but also to oral tissues. These substances increase the risk of oral cancers, gum disease, and delayed healing after dental procedures.

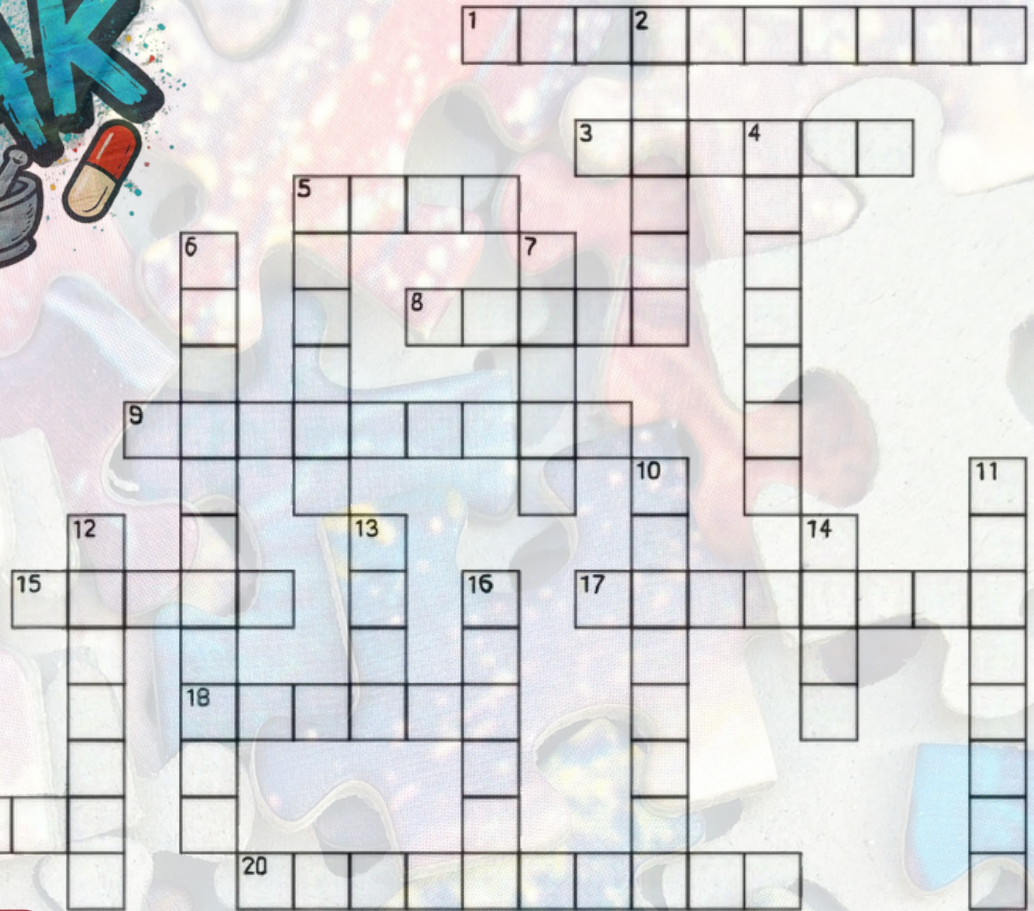
Routine dental visits help catch issues early—before they become painful or expensive to treat. Preventive care, such as cleanings and exams, is essential for long-term oral health.

To ensure that quality dental care is accessible to all, the Ministry of Health provides services through several public health facilities across St. Kitts and Nevis. These services range from basic exams to advanced treatments like root canals and sealants.

Accessibility to these centers makes it easier for individuals to integrate oral healthcare into their routine, reducing barriers related to distance and affordability. Whether you are seeking preventive care or treatment, these locations are ready to support your dental needs.



The Ministry of Health extends special thanks to our dental staff, educators, and community partners who made the week a success. Your work keeps our nation smiling!



TRUE

or

FALSE

1. You should brush your teeth once a day. T / F

2. A dental cleaning should be done every 6 months. T / F

3. You should visit the dentist once every year. T / F

4. Flossing your teeth keeps your gums healthy. T / F

5. Eating lots of sweets are good for your teeth. T / F

ACROSS

1. A common tool people use to clean their teeth

3. They straighten your smile

5. To bite and grind with the teeth

8. The kind of tooth found at the back of the mouth

9. A liquid to rinse the mouth that freshens breath

15. More than one tooth

17. A chemical that helps to prevent cavities

18. The outside part of a tooth

19. Pink tissue surrounding the teeth

20. Cleanser for teeth

DOWN

2. A crusty build-up on teeth

4. A meeting with your dentist to see if you need any work done

5. A hole in a tooth

6. An arranged day and time to meet with someone

7. String used to clean between teeth

10. Dentists add these to fix teeth that have holes

11. Making less dirty

12. Tooth Doctor

13. A test

14. Used to take a picture of the inside of someone's teeth

16. Makes things look glossy

Toothbrush, Braces, Chew, Molar, Mouthwash, Teeth, Fluoride, Enamel, Gums, Toothpaste, Tartar, Checkup, Cavity, Appointment, Floss, Filling, Clean, Dentist, Exam, X-ray, Polish

1. False 2. True 3. False 4. True 5. False

NATIONAL HIV TESTING DAY

By Dr. Mathias Ofre & Mrs. Lucine Vaughan
National HIV/AIDS Coordinator & Health Educator/Counselor

The National HIV/AIDS Program in the Ministry of Health successfully hosted the 1st Quarter National HIV Testing Day, on March 21, 2025—a significant public health initiative aimed at promoting early detection, increasing awareness, and reducing the stigma associated with HIV.

Community Participation and Impact

The Ministry of Health remains committed to offering efficient, confidential, and supportive HIV testing services. The overwhelming public response reflects a growing awareness of the importance of proactive health behavior. During this outreach over 525 individuals demonstrated their commitment to personal and community health by accessing free and confidential rapid HIV testing.



We thank all who took part in this initiative and commend their commitment to both personal and community well-being. Our healthcare team provided counseling, educational resources, and preventive tools to support informed decision-making. Together, let's continue to break the stigma, encourage open dialogue, and prioritize HIV awareness and prevention.

Why Knowing Your HIV Status Matters

Knowing your HIV status is the first step in protecting your health and the health of others. Early detection through regular testing allows for timely access to life-saving antiretroviral therapy (ART), which can reduce the virus to undetectable levels.

Routine testing also contributes to reducing stigma, normalizing conversations around sexual health, and empowering individuals to make informed choices. By knowing your status, you take control of your future and help break the cycle of transmission.

Event Activities and Services Offered

Throughout the event, individuals benefited from pre- and post-test counseling sessions to ensure they were well-informed on HIV prevention and care.

Educational discussions emphasized the importance of regular HIV testing and debunked common myths. Preventive commodities, including condoms, were distributed to encourage safe practices and reduce transmission risks.

People First, Quality Always

Participant feedback was overwhelmingly positive, with over 98% expressing high satisfaction and awarding five-star ratings for friendliness, professionalism, knowledge, and efficiency.





Many praised the confidentiality and compassionate care received, with one attendee sharing, "It was my first time getting tested, and I was nervous, but the staff made me feel at ease." Another added, *"The process was quick, informative, and empowering. I'm proud to know my status."* These reflections signal a powerful shift—where openness and empowerment are replacing fear and stigma around HIV testing.

Spotlight on the Healthcare Team

Behind the scenes of National HIV Testing Day was a passionate team of nurses, doctors, counselors, and volunteers who dedicated their time and expertise to ensure the event's success. Their friendly, judgment-free approach made participants feel comfortable and respected throughout the process.

Healthcare workers also used this opportunity to educate attendees about broader sexual health topics, distribute informational materials, and offer guidance on accessing long-term care. The professionalism and empathy shown by the team played a key role in the overwhelmingly positive feedback received from the public and the success of this National Testing Day.





Preventing HAND, FOOT & MOUTH DISEASE (HFMD)

How Does It Spread?

- Through coughs, sneezes, and saliva.
- Via fluid from blisters or contaminated surfaces.
- High risk in daycare and school settings.

Prevention Tips:



Wash Hands Often: Use soap and water for at least 20 seconds.



Disinfect Surfaces: Use chlorine-based disinfectants as they are more effective at killing the HFMD virus.



Clean Regularly: Regularly disinfect toys and high-touch areas such as doorknobs, switches and countertops.



Avoid Close Contact: Stay home when sick to prevent spreading the virus.



Practice Good Hygiene: Teach children not to put hands or objects in their mouths.

When to Call a Doctor:

If your child has a high fever or symptoms lasting 2 or more days visit your healthcare provider immediately. If your child has difficulty swallowing visit the emergency room immediately.

Stay Safe. Stay Healthy.

For more information,
visit your nearest Health Center.

What is Hand, Foot and Mouth Disease?

- A common viral illness affecting young children.
- **Symptoms Include:** Fever, mouth sores, and rash on hands, feet, and sometimes the buttocks.



NUTRI Bites

By Chere Ann Weaver
Nutrition Officer

Macronutrients

Macros

1 Have you heard the term macros or macronutrients?

2 How does your body get the macronutrients it needs?

Macronutrients are the body's main source of energy and are essential for maintaining optimal health. The body requires them in large amounts to function properly. The three (3) primary macronutrients are:



CARBS



Carbohydrates, or “carbs,” are the body’s primary source of energy. They fuel both the brain and muscles, supporting daily activity and mental function.

Examples: bread, rice, pasta, crackers

PROTEIN



Proteins help build and repair body tissues. They are essential for muscle growth, immune function, and overall health. Protein can come from both animal and plant sources.

Examples: chicken, fish, beef, beans,

FAT



Fats support the absorption of fat-soluble vitamins (A, D, E, and K), help insulate the body and protect internal organs. Healthy fats are an important part of a balanced diet.

Examples: avocado, almonds, walnuts

BUILD Your Salad

Essentials for a Healthy Salad



Start with Leafy Greens

Low in calories, high in fiber and nutrients — a perfect base.



Add Colorful Veggies

Bright vegetables bring flavor and are packed with disease-fighting phytonutrients



Include Protein

Protein keeps you full longer — just be mindful not to overdo it



Choose Healthy Fats

Add sources of monounsaturated and polyunsaturated fats to support heart health and lower bad cholesterol



Boost with Vitamin C

Foods rich in vitamin C strengthen immunity, support skin health, protect cells, and help absorb iron



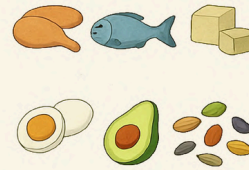
Do not sabotage your salad with large amounts of salad dressings, cheese, bacon, deli-meats, and more.

Step 1 Leafy Base



Lettuce, Kale, Spinach, Bok Choy, Arugula, Cabbage, Sprouts or Microgreens.

Step 3 Add Protein



Grilled Chicken, Fish, Turkey, Boiled Eggs, Tofu, or Beans (Black beans, Chickpeas, Lentils, Soy beans).

Step 2 Add Veggies



Beets, Carrots, Tomatoes, Bell Peppers, Onions, Cucumbers, Corn, Radish.

Step 4 Healthy Fats



Avocados, Nuts (Almonds, Walnuts, Pecans, Pine Nuts, Cashews), Seeds (Pumpkin, Sunflower, Sesame, Hemp, Flax, Chia), Olives & Olive Oil.

Top It Off



Croutons, Fresh Herbs (Basil, Cilantro, Parsley, Chives, Dill), Dried or Fresh Fruit, Low-Fat Dressings, Zesty Vinaigrettes, or a Squeeze of Lemon/Orange.



IN THE NEWS

Stories, Highlights, and Milestones from the Frontlines of Public Health

By Dr. Marissa Carty

A VISION REALIZED



NEW JNF HOSPITAL DESIGNS UNVEILED

The Government of Saint Kitts and Nevis, on February 7, 2025, proudly unveiled the official designs for the new Joseph N. France General Hospital—a bold leap toward transforming healthcare delivery in the Federation.

The state-of-the-art facility will be constructed on 15 acres of land in West Farm, featuring expanded specialty services, cutting-edge technology, and a climate-resilient design built to withstand hurricanes and seismic activity.

Designed as part of the government's Sustainable Island State Agenda, the new hospital embraces green energy solutions, digital health systems, and a patient-centered layout that will improve comfort, operations, and access to care. It will also significantly reduce the need for overseas medical referrals.

"This is more than an upgrade—it's a transformation," declared Prime Minister and Minister of Health, Hon. Dr. Terrance Drew.

"We are delivering a hospital that will serve our people with the highest level of care, innovation, and efficiency."

Construction is set to begin shortly, with the project executed in partnership with the Republic of China (Taiwan) and the Overseas Engineering & Construction Company (OECC). The Prime Minister acknowledged the critical contributions of Ambassador H.E. Michael Lin and OECC leadership in advancing this historic initiative.

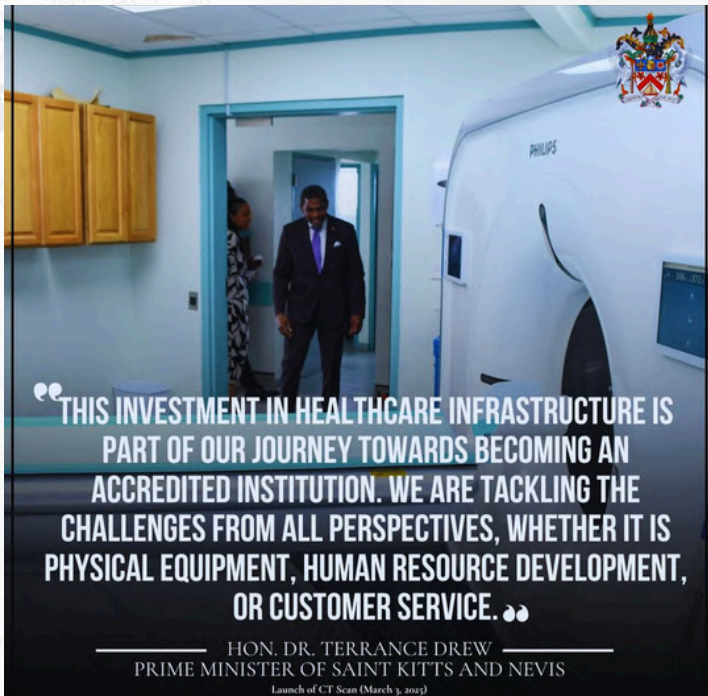
The facility is expected to:

- Boost local employment and stimulate economic activity
- Enhance diagnostic and treatment capabilities
- Expand bed capacity to meet national demand
- Position St. Kitts and Nevis as a Caribbean leader in modern healthcare services

The unveiling marks a monumental step in the government's commitment to delivering a modern, resilient, and inclusive healthcare system that will serve generations to come.



HISTORIC MILESTONE: CT SCAN SERVICES OFFICIALLY LAUNCHED AT JNF HOSPITAL



Training & Implementation

JNF's technical team has begun intensive training to optimize the scanner's use and longevity. Staff are being equipped to:

- Operate cardiac monitoring systems
- Manage and maintain dual injector technology
- Maximize the full capabilities of the machine in patient care

This initiative reflects a multi-year investment in national health infrastructure. According to Dr. Jenson Morton, Director of Health Institutions, the journey involved upgrading hospital facilities and procuring vital supporting systems like the UPS and injector system.



A National Asset

The CT scan service will benefit residents of both St. Kitts and Nevis, making specialized imaging more accessible and reducing the need for overseas referrals. It also represents a major step toward the accreditation of JNF Hospital, part of the government's broader vision for modern, patient-centered care.

The Ministry of Health extends sincere appreciation to all stakeholders involved, including Dr. Frank Laws, Special Envoy on Health, and the dedicated teams who brought this vision to life.

March 3, 2025, marked a transformative moment for the Ministry of Health and national healthcare delivery with the official launch of CT scan services at the Joseph N. France General Hospital (JNF). This milestone was celebrated with the commissioning of a state-of-the-art 128-slice CT scanner, now fully installed and operational.

The launch was led by Prime Minister and Minister of Health, Hon. Dr. Terrance Drew, who highlighted the critical role this advanced imaging technology will play in diagnosing strokes, heart disease, and cancer—conditions that significantly impact the health of the nation.

What Makes This Machine Special?

- 128-slice capability for high-resolution, rapid imaging
- Cardiac Monitoring System for precise heart assessments
- Dual Injector System for enhanced contrast delivery
- Faster diagnoses mean earlier treatment and improved outcomes

ENHANCING CARDIAC CARE



CME SESSION FOCUSES ON ASCVD PREVENTION AND TREATMENT

In collaboration with the University of Medicine and Health Sciences (UMHS), the Ministry of Health, hosted a highly impactful Continuing Medical Education (CME) session on January 20th, dedicated to one of the most pressing health challenges of our time—Atherosclerotic Cardiovascular Disease (ASCVD).

The session featured renowned speaker Dr. Charles Opperman, who delivered a comprehensive and enlightening presentation on the treatment of acute cardiovascular disease and strategies for ASCVD prevention.

Healthcare professionals from across the Federation gathered at the UMHS campus to explore the latest evidence-based advancements in cardiovascular care.

The presentation emphasized:

- Timely recognition and response to acute cardiac events
- Pharmacologic and non-pharmacologic treatment options
- Lifestyle interventions to prevent ASCVD progression
- Risk stratification tools and updated clinical guidelines

This CME session forms part of the Ministry's broader commitment to continuous professional development, ensuring that frontline providers remain well-informed, skilled, and empowered to address non-communicable diseases like heart

disease—one of the leading causes of death globally and locally.

The Ministry of Health extends sincere thanks to Dr. Opperman for his generous contribution to national healthcare education and to all participants for their active engagement and commitment to lifelong learning.



Key Strategies for ASCVD Prevention

Based on evidence-based practices discussed during the CME session

✓ Know Your Numbers

- Monitor blood pressure, cholesterol, blood sugar, and BMI regularly.

✓ Adopt a Heart-Healthy Diet

- Prioritize fruits, vegetables, whole grains, legumes, and healthy fats (like olive oil and nuts).
- Limit processed foods, salt, added sugars, and saturated fats.

✓ Stay Physically Active

- Aim for at least 150 minutes of moderate-intensity activity per week (e.g., brisk walking, cycling).

✓ Avoid Tobacco & Limit Alcohol

- Quit smoking and reduce alcohol intake to lower risk significantly.

✓ Manage Stress

- Practice relaxation techniques such as deep breathing, prayer, mindfulness, or walking in nature.

✓ Follow Medical Advice

- Adhere to prescribed medications and attend regular check-ups—especially for those with diabetes, hypertension, or a family history of cardiovascular disease.

NURSING STUDENTS BEGIN CLINICAL PRACTICE AT JNF HOSPITAL



44 ASPIRING HEALTHCARE PROFESSIONALS

On January 23rd, the halls of the Joseph N. France General Hospital were filled with optimism and purpose as 44 nursing students officially began their clinical training—a significant milestone on their path to becoming healthcare professionals.

This new cohort marks a vibrant mix of emerging talent ready to serve with skill and compassion:

- 20 Bachelor of Science in Nursing (BSN) students entering their second year
- 21 enrolled nursing assistants beginning their journey of patient-centered care
- 3 pupil midwives embarking on the sacred task of supporting mothers and newborns

As they transition from classroom theory to real-world practice, these students will gain essential hands-on experience across various hospital units. Under the supervision of skilled mentors, they will strengthen their clinical judgment, communication skills, and confidence in delivering evidence-based care.

This initiative underscores the Ministry of Health's continued investment in capacity building, workforce sustainability, and quality healthcare delivery across the Federation. It also reflects a shared commitment with our educational institutions to empower the next generation of healthcare providers.

We extend warm congratulations to all 44 students. Your journey has begun—and the nation stands behind you.

FRESH LOOK, SAME DEDICATION



JNF ORDERLIES DEBUT NEW UNIFORMS

The orderlies of Joseph N. France General Hospital, on February 3rd, proudly unveiled their new professional uniforms, stepping out in style and showcasing the pride they carry in their essential roles.

Dressed in crisp, coordinated attire, the team looked sharp, polished, and energized—ready to continue their invaluable work behind the scenes of patient care.

Hospital orderlies are the often-unsung heroes of healthcare delivery, ensuring that patients are safely

transported, wards are maintained, and that the clinical environment functions efficiently. Their presence directly supports nurses, physicians, and allied health professionals, contributing to smooth operations and high-quality care.

The uniform upgrade reflects the Ministry of Health's commitment to staff morale, team identity, and

excellence in presentation, aligning with ongoing improvements in healthcare infrastructure and service delivery across the Federation.

We salute the orderlies of JNF for their continuous dedication and service with compassion. Their fresh look mirrors the forward strides being made in our national healthcare system.

CELEBRATING WOMEN IN HEALTH



DR. DAVEEN WILKIN



DR. JOYLETTE WOODLEY-FASSALE

HONOURING EXCELLENCE ON INTERNATIONAL WOMEN'S DAY

In celebration of International Women's Day, March 8th, the Ministry of Health proudly joined the nation in recognizing the inspiring contributions of women in healthcare—especially those who lead with excellence, compassion, and resilience across all areas of the health system.

At a special Awards Ceremony & Brunch hosted by the Department of Gender Affairs, two outstanding healthcare professionals—Dr. Daveen Wilkin and Dr. Joylette Woodley-Fassale—were honoured for their unwavering dedication to improving the health and well-being of communities in St. Kitts and Nevis.

These awards highlight the vital role women play in advancing public health—whether on the

"Their service has left an indelible mark on our healthcare landscape," said a Ministry representative. "We applaud their leadership, professionalism, and deep commitment to care."

frontlines of patient care, in administrative leadership, or through education and advocacy.

The Ministry of Health extends heartfelt congratulations to Dr. Wilkin and Dr. Woodley-Fassale, and celebrates all women in health who serve with excellence every day. Your contributions continue to inspire the next generation and elevate healthcare delivery throughout the Federation.

FURTHER EDUCATION • OPPORTUNITY •

Unlock your growth potential with our comprehensive Mathematics and English A CSEC courses.



- ✓ For Ministry of Health Officers
- ✓ Sit One (1) Subject At A Time
- ✓ Registration Forms Available at the Ministry of Health
- ✓ Deadline: Friday 14th March 2025

CONTACT US



869-467-1298



Glenniver.sargeant@gov.kn

People First, Quality Always

Primary Care HEALTH CENTER SERVICES

Our Health Centers across St. Kitts provide a wide range of Primary Care Services, ensuring accessible and efficient healthcare.

Services Provided:

-  Child Health Clinic
-  Newborn & Toddler Clinic
-  Family Planning & Pap Smear Clinic
-  Antenatal Clinic
-  Minor Treatment
-  Home Visits and Community Outreach Sessions
-  District Medical Officer Clinic
-  Diabetes/Hypertension Clinic
-  Men's Health Clinic
-  School Health Clinic
-  HIV Rapid Testing

Selective Health Centers also offer:

- Mantoux Test for Tuberculosis
- Yellow Fever Vaccine
- Zonal Pediatric Clinics

Health Center Contact:

- Basseterre - (869) 467-1139
- Newtown - (869) 467-1135
- St. Peter's - (869) 465-2350
- Cayon - (869) 465-7266
- Molineux - (869) 466-8810
- Tabernacle - (869) 465-9829
- Saddlers - (869) 465-7368
- Dieppe Bay - (869) 465-8273
- St. Pauls - (869) 465-6236
- Sandy Point - (869) 465-6231
- Old Road - (869) 465-6299

For More Information, Please Contact:

**Community Health Services
The Ministry of Health
Connell Street, Irish Town
1-869-467-1273**

Visit Your Nearest Health Center Today! 34

ST. KITTS AND NEVIS VACCINATION SCHEDULE

AGE	Vaccine Type
At Birth	Birth Dose Hepatitis B
0–4 weeks	BCG (Bacille Calmette Guerin)
2 Months	1st Dose – Polio Vaccine (IPV) 1st Dose – Pentavalent Vaccine (Hepatitis B + DPT + Hib)
4 Months	2nd Dose – Polio Vaccine (bOPV) 2nd Dose – Pentavalent Vaccine (Hepatitis B + DPT + Hib)
6 Months	3rd Dose – Polio Vaccine (IPV) 3rd Dose – Pentavalent Vaccine (Hepatitis B + DPT + Hib)
1 Year	1st Dose – Measles, Mumps, and Rubella (MMR)
1 Year and 6 Months	1st Dose Booster – DPT and Polio Vaccine 2nd Dose – Measles, Mumps, Rubella (MMR)
4½ – 5 Years	2nd Dose Booster – DPT and Polio Vaccine
Grade 6 Children	Single Dose – Gardasil (HPV Vaccine)
15–17 Years (School Leavers)	Booster – DT Booster – Polio Vaccine (bOPV)
12–17 Years	COVID-19 Vaccine



VACCINES SAVE LIVES
VACCINATE YOUR FAMILY. PROTECT YOUR COMMUNITY.



EDITOR'S *Note*

It is with great pride and anticipation that we launch the very first edition of The Health Cycle, the official newsletter of the Ministry of Health – St. Kitts and Nevis.

This publication represents a vital step in deepening community engagement and strengthening the connection between the Ministry and the people we serve. The Health Cycle is more than just a newsletter—it is a platform dedicated to delivering reliable, relevant, and engaging health information that empowers our citizens to make informed decisions and lead healthier lives.

We are committed to ensuring that each issue reflects our core values of transparency, education, and wellness. Through articles, features, and data insights, we aim to promote healthy life choices, openly address public health concerns, and become a trusted source of information for communities across the Federation.

This journey would not have been possible without the dedication and expertise of our incredible editorial team. I extend heartfelt thanks to Ms. Vera Edwards France, Mrs. Rhonda Lowry Robinson, and Mr. Patrick Battice for their invaluable support in developing and shaping the content of this publication.

We are also pleased to introduce Ms. Chevaughn Richards, the Ministry of Health's new Public Relations Officer. Ms. Richards brings a wealth of experience and a deep passion for crafting and sharing impactful health content, and we are thrilled to welcome her to the team.

Special thanks must also be extended to the staff of the Health Promotion Unit, our Medical Statistician, and the many programme leads and technical officers who contributed their knowledge, creativity, and time to make this newsletter a reality. Your collaborative spirit and commitment to public health are deeply appreciated.

As we prepare to launch on June 18th, 2025, we invite the public to join us on this exciting new journey. Together, we can foster a culture of wellness and shared responsibility for the health of our nation.

Welcome to The Health Cycle—where we live our motto each day: People First, Quality Always.



Dr. Marissa Carty
Editor-in-Chief



Rhonda Lowry Robinson
Associate Editor



Vera Edwards France
Managing Editor



Patrick Battice
Photographer



Chevaughn Richards
Public Relations Officer

Marissa Carty
Editor-in-Chief



The Ministry of Health recommends five (5) core prevention strategies for everyone to help protect themselves and others from severe respiratory illnesses.



1 Make sure to take the flu shot this flu season - if you are an older adult with chronic disease including asthma, diabetes, chronic kidney disease, if you're pregnant, front line health worker and if involved in poultry farming.



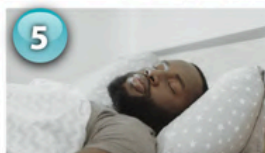
2 Practice good hand hygiene. Wash your hands with soap and water or use an alcohol based sanitizer; especially after touching high-touch surfaces like door knobs and counter top surfaces.



3 If you or your child is experiencing flu-like symptoms, **PLEASE STAY AT HOME**. Avoid /stay away from persons who are already sick.



4 If you are experiencing flu-like symptoms like coughing and sneezing cover your mouth and nose while coughing/sneezing and then wash hands immediately.



5 Get adequate rest and sleep well at nights. Getting the sleep you need is vital for your immune system and reduces the risk of infection.



We'd Love to Get

YOUR FEEDBACK

Please take a few moments to tell us about our first issue of The Health Cycle. Your opinion is valuable to us.

**Scan the code or
call: (869) 467-1767**

