



BREAKING NEWS | Countries around the world announce more virus restrictions

Here's a list of health facilities, emergency contacts

LOOP NEWS

CREATED : 13 MARCH 2020

COVID-19



Following the Health Ministry's announcement of one confirmed case of the coronavirus (COVID-19) on Thursday, citizens are being urged to follow recommended safety precautions such as regular handwashing, sanitisation of surfaces and maintaining at least one metre of distance from others, and limiting exposure to crowded spaces.

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symptoms of the disease include high fever, dry cough, tiredness, and in some cases diarrhoea, sore throat and other flu-like symptoms.

It's noted that about 80 percent of people recover from the disease without needing special treatment, however, **one out of six people** who gets COVID-19 becomes seriously ill and develops difficulty breathing.

Older people, and those with underlying medical problems like high blood pressure, heart problems or diabetes, are more likely to develop serious illness. People with fever, cough and difficulty breathing should seek medical attention.

How is it spread?

According to WHO, the disease can spread from person to person through small droplets from the nose or mouth which are spread when a person with COVID-19 coughs or exhales.

These droplets land on objects and surfaces around the person. Other people then catch COVID-19 by touching these objects or surfaces, then touching their eyes, nose or mouth.

People can also catch COVID-19 if they breathe in droplets from a person with COVID-19 who coughs out or exhales droplets.

This is why it is important to stay more than 1 metre (3 feet) away from a person who is sick.

The World Health Organisation has advised that if one has recently been in an area where cases were reported



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People are urged not to go immediately to health facilities as this may pose a risk in spreading the virus.

If symptoms become serious they are urged to call their nearest health centre or the ambulance on 811 and officials will advise on the next steps.

As of 1.21 pm, March 13, 2020, there was no confirmation from the Health Ministry regarding a specially dedicated hotline for enquiries on the virus, however here is a list of contact numbers for the Ministry's health centres [according to the Ministry's website](#):

Contacts to Remember

Ambulance: 811

Police: 999, 555, 800-TIPS

Fire: 990

ODPM: 511

TEMA: 211

Insect Vector Control: 800-IVCD

Chemistry, Food and Drugs: 800-CFDD

Chronic Disease Assistance: 800-CDAP

Aranguéz Main Road, Aranguéz

(868)-638-2120

Barataria Health Centre

Eighth Avenue and Seventh Street, Barataria

(868)-638-2124/ 674-2227

George Street Health Centre

#61-67 George Street, Port-of-Spain

(868)-623-5155

Carenage Health Centre

Constabulary Street, Carenage

(868)-632-1860

Diego Martin Health Centre

#2 Church Street, Diego Martin

(868)-637-1860

El Socorro Health Centre

El Socorro Road, San Juan

(868)-638-5218

(868)-623-2951

Las Cuevas Health Centre

Pole #9 School Road, Las Cuevas Village,
Blanchisseuse

(868)-669-6302 Health Centre

Woodbrook Health Centre

92A Tragarete Road, Port of Spain

(868)-622-2045 Health Centre

Morvant Health Centre

Dos Santos Street, Morvant

(868)-626-1044 Health Centre

San Juan Health Centre

Real Street, San Juan

(868)-638-3618/ 675-1535

Upper Laventille Health Centre

St. Barbs Road, Laventille

(868)-624-4438

(868)-623-6434

St. James District Health Facility

#112 Western Main Road, St. James

(868)-622-1142

St. Ann's Hospital (Mental Health)

St. Ann's

(868)-624-1151 Hospital

Maraval Health Centre

Corner of Saddle Road & Morne Coco Road,
Maraval

(868)-629-2043

Oxford Street Health Centre

Corner of Observatory Street & Oxford Street, Port-of-
Spain

(868)-623-6741

Pembroke Street Health Centre

Pembroke Street, Port-of-Spain

District Health Facility

(868)-676-7400/7067

Petit Valley Health Centre

Corner of Simeon Road & Morne Coco Road

Petit Valley

(868)-637-3284

**North Central Regional Health Authority
(NCRHA)**

Arima Health Facility

Queen Mary Avenue, Arima (868)-667-4714

Arouca Health Centre

Corner George Street and Golden Grove Road, Arouca

(868)-642-1065

Blanchisseuse and Brasso Seco Health Centre

Paria Main Road, Lower Village, Blanchisseuse

(868)-669-4118

Caura Hospital

Chaguanas District Health Facility

Main Road and Galt St., Chaguanas

(868)-669-8958

Cunupia Health Centre

Larchu Trace, Cunupia

(868)-665-0183

Eric Williams Medical Sciences Complex

Uriah Butler Highway, Champ Fleurs

(868) 225-4673

Macoya Health Centre

Macoya Settlement, Tunapuna

(868)-663-4617

Maloney Health Centre

Maloney Boulevard, Maloney Gardens

(868)-642-1330

San Rafael Health Centre

Talparo Main Road, San Rafael

Arthur Murray Crescent, La Horquetta Phase III

(868)-643-0911

Las Lomas Health Centre

Las Lomas # 1, Las Lomas

(868)-669-9789

Tunapuna Health Centre

(868)-663-4617

Mt. Hope Women's Hospital

Champs Fleurs

(868)-662-7006 Hospital

Tacarigua Extended Care Facility

Upper El Dorado Road, Tunapuna

(868)-662-4617

Tacarigua Health Centre

El Dorado Road, Tunapuna

(868)-662-4819

Talparo Health Centre

St. Joseph Enhanced Health Centre

Uriah Butler Highway, Champ Fleurs

(868)-663-3419

St. Helena Health Centre

North Bank Road, St. Helena

(868)-669-1183, (868)-669-7027

Eastern Regional Health Authority (ERHA)

Biche Outreach Centre

Canque Village, Biche

(868)-668-9053

Grande Riviere Outreach Centre

Grande Riviere

(868)-670-8264

Guayaguayare Outreach Centre

Guayaguayare Road, Guayaguayare, Trinidad

(868)-630-8777

(868)-656-2547

Coryal Outreach Centre

Corner Balata Hill Road and Cumuto Main Road, Coryal

(868)-668-8066

Cumana Outreach Centre

Toco Main Road, Cumana Village, Cumana

(868)-670-8250

Cumuto Outreach Centre

Main Road, Cumuto

(868)-643-9075

Matelot Outreach Centre

Main Road, Matelot

(868)-670-2428

Matura Outreach Centre

Matura Main Road, Matura

(868)-668-6276

Mayaro District Health Facility

Manzanilla Outreach Centre

Eastern Main Road, Manzanilla

(868)-668-2063

San Souci Outreach Centre

Main Road San Souci

(868)-670-2382

Sangre Grande Health Centre

Brierly Sreet and River Street, Sangre Grande

(868)-668-2509

Sangre Grande Hospital

Ojoe Road, Sangre Grande

668-2273 / 2221 / 2468 / 2577

Valencia Outreach Centre

Alexander Street, Valencia

(868)-667-8197

Toco Health Centre & 24 hours A&E

Paria Main Road, Toco

Corner De Verteuil and Dougdeen Streets, Rio Claro

(868)-644-2236

Southwest Regional Health Authority (SWRHA)

Cedros Health Centre

St. Marie Street, Bonasse

(868)-690-1440

Chatham Health Centre Main Road, Belle View

Claxton Bay Health Centre

Southern Main Road, Claxton Bay

(868)-659-1646

Couva District Health Facility

Main Road, Couva

(868) 636-4024, (868) 225-HEAL

Erin Health Centre

Main Road, Buenos Ayres

(868)-649-8562

(868)-636-2982

Freeport Health Centre

St. Mary's Junction, Freeport

(868)-673-0021

Fyzabad Health Centre

Main Road, Fyzabad

(868)-677-2034

Gasparillo Health Centre

Church Street, Gasparillo

(868)-650-1020

Gran Couva Bay Health Centre

Main Road, Gran Couva

(868)-679-9134

La Romaine Health Centre

Zaida Lane, La Romaine

(868)-657-1673

Granville Health Centre

Debe Health Centre

Wellington Road, Debe

(868)-647-6247

Guapo Health Centre

Hubertson Young Street, Guapo

(868)-648-2208

Icacos Health Centre

Main Road, Icacos

(868)-648-2724

Indian Walk Health Centre

Petite Cafe, Moruga

(868)-655-2478

La Brea Health Centre

New Lands, La Brea

(868)-648-7562

Williamsville Health Centre

Main Road, Williamsville

Main Road, Palo Seco

(868)-649-4482

Tabaquite Health Centre

Main Road, Tabaquite

(868)-636-2989

Tableland Health Centre

Naparima/Mayaro Road, George Village

(868)-656-3500 Health

Todd's Road Health Centre

Flecher Road, Todd's Road

(868)-671-5176

Lengua Health Centre

Cipero and Papourie Roads, Lengua

(868)-656-5280 Health Centre

Marabella Health Centre

Market Street, Marabella

(868)-658-0470

(868)-656-7022

Ste. Madeleine Health Centre

Manahambre Road, Ste. Madeleine

(868)-653-2303

Siparia District Health Facility

High Street, Siparia

(868) 649 -1136/0691

South Oropouche Health Centre

Main Road, Oropouche

(868)-677-7305

Point Fortin Area Hospital

Volunteer Road, Mahaica, Point Fortin

(868)-648-3234

Point Fortin Health Centre

Techier Main Road, Point Fortin

(868)-648-2329

Princes Town Health Centre

Penal Health Centre

Southern Main Road, Penal

(868)-647-4417

Penal Rock Road Health Centre

4 1/2 mile marker, Penal Rock Road

(868)-647-0892

Pleasantville Health Centre

Chaconia Avenue and Prince Albert Streets,
Pleasantville

(868)-653-0521

Roy Joseph Health Centre

Gomez Street, San Fernando

(868)-652-0806 District

San Fernando General/Teaching Hospital

Independence Avenue, San Fernando

(868) 652-3581, (868) 225-HEAL

Rochard Douglas Health Centre

Tobago Regional Health Authority (TRHA)

Belle Garden Health Centre

Belle Garden

(868) 660-5830

Bethel Health Centre

Bethel

(868)-639-8580

Bloody Bay Outreach Centre

Bloody Bay

(no number listed)

Buccoo Health Centre

Buccoo

(868)-639-0750

Canaan Health Centre

Canaan

(868)-639-8829

(868)-639-2194

Charlottesville Health Centre

Charlottesville

L'Anse Fourmi Outreach Centre L'Anse Fourmi

(868) 660-6751; (868) 660-6055

Parlatuvier Health Centre

Parlatuvier

(868)-639-5063

Pembroke Health Centre

Pembroke

(868) 660-4100

Delaford Health Centre

Delaford

(868)-660-5566

Mason Hall Health Centre

Mason Hall

(868) 635-1622

Mt. St. George Health Centre

Mt. St. George

(868)-660-2119

Les Coteaux Health Centre

Les Coteaux

(868) 660-0069

Scarborough General Hospital

Connector Road, Signal Hill, Tobago

(868)-660-4744 Hospital

Scarborough Health Centre

Scarborough

(868)-639-2612

Speyside Health Centre Speyside

(868)-660-4044

Plymouth Health Centre

Plymomuth

(868)-639-2982

(868) 660-4620

Editor's note: This contact list will be updated as more information becomes available. For a quick search please use CTRL+F to find your closest health centre.

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