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## **E-Plus Has Done It Again! We have been named a SuperBrand for the THIRD year in a row!**

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# Let's 'Immunize' Ourselves Against COVID-19 Misconceptions



## COVID-19 Vaccine: Debunking The Myths



Myth



Fact

Arthur Ponsonby once wrote, 'When war is declared, truth is the first casualty'. This cannot be overemphasized, moreso at this time when the globe is in 'warmode' against the COVID-19 pandemic.

During this crucial phase of our fight against the pandemic, vaccination, it seems that we need first to be 'immunized' against misinformation and disinformation. Numerous surveys conducted in Kenya show that a large number of Kenyan participants agreed that foreigners were trying to test the COVID-19 vaccine on them. This reflects how people process information with skepticism especially where we have low levels of trust between and within countries.

When deciding whether to get the vaccine, it's important to separate myths from facts.

### MYTH: I Can Get COVID-19 From the Vaccine

**FACT:** You can't get COVID-19 from the vaccines because they do not contain a live virus. Some people do exhibit side effects from the vaccine - most commonly body aches, fatigue and headache - but these side effects are because your body is doing exactly what it's supposed to do, which is learn how to recognize and fight off the virus! When side effects appear, they typically last only for a day or two.

### MYTH: The COVID-19 Vaccine Causes Infertility

**FACT:** There is no scientific evidence that the COVID-19 vaccine affects pregnancy (including placenta development) or causes future fertility problems.

### MYTH: A Vaccine Won't Prevent Me from Getting Sick with COVID-19

**FACT:** The vaccine was built for this very purpose. Because we don't know how each individual might be affected by the virus, it's important to get vaccinated. Should you happen to be one of the few people who contract the virus after being fully vaccinated, you will likely have very minor symptoms, rather than severe complications that lead to a hospital stay, and possibly, death.

### MYTH: I Don't Need to be Vaccinated if I Have Had COVID-19

**FACT:** We don't yet know how long antibodies will remain in the body to protect you from the virus and because it is (rare but) possible to get infected again, it's important to get vaccinated. If you were treated with monoclonal antibodies or convalescent plasma, you'll need to wait 90 days before getting a COVID-19 vaccine. Check with your physician about what treatment you received.

**MYTH: You Don't Need Both Doses of the Two-Dose Vaccines**

**FACT:** Both the Moderna and the Pfizer-BioNTech vaccines require two doses that are given a few weeks apart. Health experts are not sure whether one dose will be sufficiently effective in preventing COVID-19 or a severe case of the illness, skipping the second shot is not advisable. The first shot starts building protection while the second shot boosts that protection and “is needed to get the most protection the vaccine has to offer.”

**MYTH: You Don't Need Your Mask After You Get Vaccinated**

**FACT:** It takes about two weeks after your final vaccination for your body to build full protection to the coronavirus. But even after those two weeks you should continue to wear a mask and practice social distancing. That means it's possible that you could still carry the virus once you've been vaccinated and silently transmit it to others, even if you don't have symptoms.

**MYTH: The COVID-19 Vaccine Will Alter My DNA**

**FACT:** Your DNA will not change after receiving the COVID-19 vaccine. The two vaccine varieties currently being used, messenger RNA (mRNA) vaccines and viral vector vaccines, aren't structured to affect DNA. Vaccines teach our bodies how to naturally defend us from germs by causing an immune response.

**MYTH: If I'm a Healthy Person, It's Better to Take My Chances and Skip the Vaccine**

**FACT:** Statistically, getting vaccinated is much safer than risking infection. COVID-19 affects everybody differently and there is no way to predict how sick a person can get. Very healthy people have become extremely ill (and in some cases, died) and people with lots of chronic health conditions have experienced no symptoms at all. Avoid rolling the dice by getting the vaccine: you'll protect not only yourself but friends, family members and everyone else around you.

**MYTH: The Vaccines Aren't Safe Because They Were Developed Quickly**

**FACT:** The COVID-19 vaccines themselves were developed quickly, but the clinical trials, which examine safety and efficacy, weren't rushed at all. What happened quickly was finding the vaccine to test. In the 1980s, it took scientists so long to do this, but thanks to scientific advances we've made over the years, we can find viruses so quickly. COVID-19 is similar to other coronaviruses we've seen in humans, like MERS and SARS, so there was previous research that could be used to speed up the process.

As more people continue to get vaccinated, we must identify the 'misinformation and disinformation virus' its sources, signs and symptoms and develop 'immunization' against it. This 'immunization' effort will need national, community and individual level interventions.



## COVID-19 Vaccine: Debunking The Myths



Myth



Fact

# Teamwork Makes The Dream Work

Most of us were unaware of concepts like lockdowns, curfews, mask mandates, and social distancing at this time two years ago. They are now part of our everyday vocabulary (new normal) as the COVID-19 pandemic continues to affect every sphere of our lives.

Working during the COVID-19 pandemic has put the frontline workers under immense and unprecedented strain, risking their physical, mental, and social well-being. Excessive stress over a long period of time can have a negative impact on the emotional and mental well-being of frontline workers. With this in mind, the E-Plus management team devised a team-building exercise to show appreciation and gratitude to the 'COVID-19 soldiers'.

The team building event lasting for three days, was held in Naivasha town. The first day began with a session on the new Strategic Plan (2021-2025), understanding the key thematic changes and how to indoctrinate the new culture into our work activities. The following day, we had activities that included social interaction between the different teams; it was a day full of laughter, competition, and lots of bonding.



Our teams left the team building exercise more motivated, happy, connected, and ready to face the challenges of the coming year. Regardless of the uncertainties that lie ahead, the E-Plus family is always ready to put their best foot forward and serve humanity to the best of its abilities.

Team building is an important aspect of any organization, it brings together people who work towards successfully achieving a common goal. As the old adage goes..

“  
No one can whistle a symphony, it takes a whole orchestra to play it  
”





## E-Plus Has Done It Again! We have been named a SuperBrand for the THIRD year in a row!

For the third year in a row, E-Plus has once again been awarded the prestigious Superbrand for 2020-2022. It is worth noting that we were the first company to be honoured with the award during the award cycle for 2020-2022.

Superbrands identifies and honours exceptional brands by recognizing, rewarding, and reinforcing world-class brands. Brands are not required to pay or apply in order to be considered. Participation in Superbrands is by invitation only, and offered to the most outstanding brands in their field.

Attaining Superbrands Status strengthens a brands position, adds prestige and reassures consumers and suppliers that they are buying the best brand in its category. The Centre for Brand

Analysis is in charge of overseeing the entire selection process.

With a fleet of 128 state-of-the-art ambulances (both Advanced Life Support and Basic Life Support), over 300 qualified personnel and being the largest Emergency Medical Services Provider in East and Central Africa, it does not come as a surprise that E-Plus is perceived as a leading Emergency Medical Services provider by buyers and influencers. This is not only a positive business signal but it also recognizes the hard work and dedication of the employees and the E-Plus fraternity as a whole.

The value of being named a Superbrand for E-Plus lies in our ability to champion the interests of our customers and colleagues.

“Attaining Superbrands Status strengthens a brands position, adds prestige and reassures consumers and suppliers that they are buying the best brand in its category”

This award recognizes the outstanding work that E-Plus employees perform on a daily basis for customers, partners, and the larger community. Obtaining this status is truly humbling and reflects the trust that customers place in us as their preferred emergency services provider on a daily basis.

The future only looks brighter from hereon, way to go E-Plus!

# It's All Systems Go at the 2021 Africa Rally Championships (ARC) Equator Rally Dress Rehearsal

The African Rally Championships (ARC) Equator rally that ran from 23rd -25th April 2021 in Naivasha was nothing short of excitement, raving machines, muddy terrains and skillful driving. The event which is the third leg of the Africa Rally Championships was flagged off by the Cabinet Secretary for Sports Amina Mohamed.

The Equator event which is part of the FIA Rallies acted as a dry run for the World Rally Championships to be held later in June this year.



For the past three years, E-Plus has partnered with World Rally Championships (WRC) to offer standby ambulance services and this year was no different. Our teams had undergone trainings and continuing medical education (CMEs) before the championship to enhance their skills especially on vehicle extrication of victims and ground evacuations.

E-Plus deployed forty-three ambulances manned by a strong team of paramedics who provided swift medical intervention and emergency evacuation of casualties. Our teams were stationed on different areas of the rally course Elementaita, Soysambu, Sleeping Warrior, Loldia, Malewa and Kedong.

We look forward to offering the same exceptional services for the World Rally Championships which will be held in June this year!



# E-Plus in the News

## SAFETY & RESCUE

### 43 ambulances on standby as ARC Equator Rally begins

In abid to provide swift treatment at the ongoing Equator Rally, medical services providers E-Plus have unveiled 43 ambulances to offer medication to the dare-devil speed merchants combing the ter-

rains of Naivasha for glory. The company is also availing evacuation services to the drivers if there is a need to do so. According to E-Plus Managing Director Susan Ng'ong'a, the fleet is stationed in

batches in all the rally sections including Elementaita, Soysambu, Sleeping Warrior, Loldia, Malewa, Kedong among others. "The association with the 2021 African Rally Championships

cements our position as the market leader in the provision of pre-hospital services, advanced pre-hospital medical care and ambulance services in Kenya," Ng'ong'a said. **[Ochieng Oyugi]**

+ Standard Newspaper > 43 ambulances on standby as ARC Equator Rally begins

[Click here](#) for full article



+ K24 TV > Wanaouguwa corona huenda watasalia na madhara ya viungo mwilini maishani

[Click here](#) to watch video

## Managing Director, Susan Ng'ong'a Elected to a top Position in Media Owners Body

We are proud to announce that our MD Susan Ng'ong'a who is also the acting Chief Operating Officer for Switch Tv Kenya was elected as the Organizing Secretary of the Media Owners Association at the annual general meeting held on Tuesday, 27 April 2021 in Nairobi, Kenya.

Nation Media Group CEO, Stephen Gitagama was elected to

serve as the Chairman while other officials voted in are Radio Africa Group's COO, Agnes Kalekye as Vice Chairman, Standard Group CEO Orlando Lyomu as Honorary Secretary, Mediamax Group CEO, and Ken Ngaruiya as Treasurer.

We take this opportunity to congratulate her and the entire team and wish her all the best in her new role.



# COVID Pandemic Pages

## Monthly Observations & Recommendations



More and adequate supply of protective gear for the staff in the frontline



Continuous daily briefings are helping for timely address of key issues of concerns for smooth operation



Psychosocial support for the ambulance crew



Continuous motivation for the staff during this pandemic

## UPDATES ON COVID-19 VACCINATION EXERCISE

- **Vaccines Received-** 1,120,000 (Inclusive of 100,000 donations by Government of India)
- Vaccinations began on 5th March 2021, Countrywide vaccinations started on the week of 8th March 2021
- **Total Doses Issued** 1,099,000 at 28th April 2021
- **Balance at Kitengela Central Vaccines store** 21,000 doses at 28th April 2021
- **Total number of persons vaccinated to date** 865,897, 56% are male while 44% are female.



# Covid-19 Vaccination in Numbers per County

Wednesday 28 <sup>th</sup> April 2021						
Total Vaccinated	Cumulative Persons	Vaccinations per Gender				AEFI Reported
Today	Vaccinated to date	Male	Female	Intersex	Trans	
10,241	865,897	483,990	381,398	431	78	202

Table 1: Covid 19 Vaccination Data: Cumulative at 28<sup>th</sup> April 2021

No.	County	Vaccinated	Proportion	No	County	Vaccinated	Proportion
1	Nairobi	264,490	30.5%	26	Siaya	8,452	1.0%
2	Nakuru	58,359	6.7%	27	Nyamira	8,321	1.0%
3	Kiambu	45,403	5.2%	28	Migori	7,893	0.9%
4	Uasin Gishu	41,014	4.7%	29	Bomet	7,864	0.9%
5	Nyeri	33,706	3.9%	30	Baringo	7,219	0.8%
6	Meru	24,090	2.8%	31	Elgeyo Marakwet	6,791	0.8%
7	Muranga	24,070	2.8%	32	Tharaka Nithi	6,553	0.8%
8	Kisumu	22,283	2.6%	33	Narok	6,052	0.7%
9	Mombasa	21,657	2.5%	34	Makueni	5,786	0.7%
10	Kakamega	21,208	2.4%	35	Kilifi	5,282	0.6%
11	Kajiado	20,726	2.4%	36	Taita Taveta	3,584	0.4%
12	Nyandarua	18,802	2.2%	37	West Pokot	3,410	0.4%
13	Machakos	17,649	2.0%	38	Turkana	3,282	0.4%
14	Trans Nzoia	17,167	2.0%	39	Kwale	3,103	0.4%
15	Laikipia	16,132	1.9%	40	Samburu	3,100	0.4%
16	Bungoma	15,779	1.8%	41	Mandera	2,339	0.3%
17	Embu	15,215	1.8%	42	Garissa	2,054	0.2%
18	Kirinyaga	14,253	1.6%	43	Wajir	2,016	0.2%
19	Nandi	14,252	1.6%	44	Isiolo	1,452	0.2%
20	Kitui	11,598	1.3%	45	Tana River	747	0.1%
21	Homa Bay	11,506	1.3%	46	Lamu	681	0.1%
22	Kericho	11,335	1.3%	47	Marsabit	601	0.1%
23	Vihiga	10,498	1.2%				
24	Kisii	9,612	1.1%				
25	Busia	8,511	1.0%				
<b>Total</b>						<b>865,897</b>	<b>100%</b>

- The table above shows number of persons vaccinated per county and the percentage of contribution to the total number vaccinated, the top five counties are; Nairobi with 264,490(30.5%) persons vaccinated, Nakuru 58,359(6.7%), Kiambu 45,403(5.2%), Uasin Gishu 41,014(4.7%) and Nyeri with 33,706(3.9%) Persons vaccinated.
- Counties with least vaccination is; Garissa 2,016(0.2%), Isiolo 1,452(0.2%), Tana River 747 (0.1%), Lamu 681(0.1%) and Marsabit 601(0.1%) persons vaccinated

Source: MoH | Data as at Wednesday, 28th Apr 2021

*If you need to contribute articles/materials to the E-Plus NewsPod,  
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