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Alone We Can Do So Little, Together We Can Do So Much



By Zitima Noor (Communications and Marketing Assistant)

Team building is an important aspect of any organization, it brings together people who work towards successfully achieving a common goal. As the famous African proverb goes “If you want to go fast, go alone. If you want to go far, go together”[Continue on Pg 1](#)

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- ▶ Booster shots: side-effects and how to prevent them

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Our Mission

We work with our communities and partners to respond to medical and trauma emergencies through the provision of accessible, responsive and quality...pre-hospital care to save lives. Our patients will receive prompt and appropriate emergency medical pre-hospital care from properly trained and certified professionals.

Our Vision

A regionally recognised leader for responsive, superior-quality emergency medical and trauma response services.

Our Core Values (iSPIE)

Innovation: E-Plus continues to pursue new ways to improve its' service offering in a socially responsive manner in order to create transformative changes in patient experience.

Sustainability: E-Plus provides its services while ensuring long-term financial and social positive outcomes.

Professional Excellence: E-Plus provides the highest level of compassionate services at all times. It demonstrates quality and ethical behavior in its work and acts in the best interests of the people its serves. Treating people with dignity and consideration.

Integrity: E-Plus is honest and reliable. Its actions and decisions are guided by its professionalism, transparency and respect for others. E-Plus is accountable to the people it serves, the community and each other and to its authorities.

Empathy: E-Plus actively seeks to understand how patients, family members, caregivers and its own staff experience the emergencies they respond to, taking into account the emotions they go through and using this knowledge to improve their well being and its service delivery.



Team building activities at the beach

Alone We Can Do So Little, Together We Can Do So Much



By **Gitma Noor** (Communications and Marketing Assistant)

Team building is an important aspect of any organization, it brings together people who work towards successfully achieving a common goal. As the famous African proverb goes “If you want to go fast, go alone. If you want to go far, go together”.

Undoubtedly the past two or so years have been extremely difficult for many of us due to the COVID-19 pandemic. Working during the COVID-19 pandemic has put 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 nega-

tive impact on the emotional and mental well-being of frontline workers. With this in mind, the E-Plus management team arranged for a team-building exercise, the second year in a row to motivate and appreciate every one of us in the E-Plus family.

The team building event lasted three days and was held in Mombasa, with the first team going from the 20th - 22nd January and the second team on the 27th - 29th February, 2022. The first day began with people settling in, mingling and getting to know each other. The following day, we had a session on how to better work as a team, what causes conflicts and how to ef-



Group A engaged in a team building activity

fectively manage them within the work place to make it a convenient working environment, the Managing Director, Susan Ng'ong'a's remarks on the previous year which was followed by an award ceremony for the most outstanding employees in different categories.

We also had activities by the beach that included games and interactions between different teams; it was a day full of laughter, competition, and bonding. Our teams left the team building exercise 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 their abilities.



Group B engaged in team building activities

Employee of The Year Awards (2021)



Ian K. Lance - Employee of the year 2021



Qamar Guleid - Best Supervisor 2021



Benjamin Wanyande Oluoch - 1st Runner up, Employee of the Year 2021



Peter Otieno- Best Fleet Direct Performance 2021



Mustapha Athman -1st Runners Up, Best Fleet Direct Performance 2021



Peter Shardie Musire - 2nd Runner up, Employee of the Year 2021



Christopher Bogonko - 2nd Runner up, Best Fleet Direct Performance 2021

What You Need to Know About Cervical Cancer



By **Gitma Noor** (Communications and Marketing Assistant)

January is Cervical Cancer Awareness Month. World-wide, cervical cancer is the fourth most frequent cancer in women with an estimated 604,000 new cases in 2020.

Cervical cancer develops in a woman's cervix (the entrance to the uterus from the vagina). Almost all cervical cancer cases (99%) are linked to infection with high-risk human papillomaviruses (HPV), an extremely common virus transmitted through sexual contact. Although most infections with HPV resolve spontaneously and cause no symptoms, persistent infection can cause cervical cancer in women. Effective primary (HPV vaccination) and secondary prevention approaches (screening for, and treating precancerous lesions) will prevent most cervical cancer cases.

When diagnosed, cervical cancer is one of the most successfully

treatable forms of cancer, as long as it is detected early and managed effectively. Cancers diagnosed in late stages can also be controlled with appropriate treatment and palliative care. With a comprehensive approach to prevent, screen and treat, cervical cancer can be eliminated as a public health problem within a generation.

So, what are some of the signs and symptoms?

Well, cervical cancer is usually referred to as a 'silent killer' because in its early stages it presents little or no symptoms at all. That is why periodic screening is encouraged especially for women 30 years and older. Here are a few warning signs for cervical cancer;

- Bleeding between periods
- Bleeding after sexual intercourse
- Bleeding in post-menopausal women

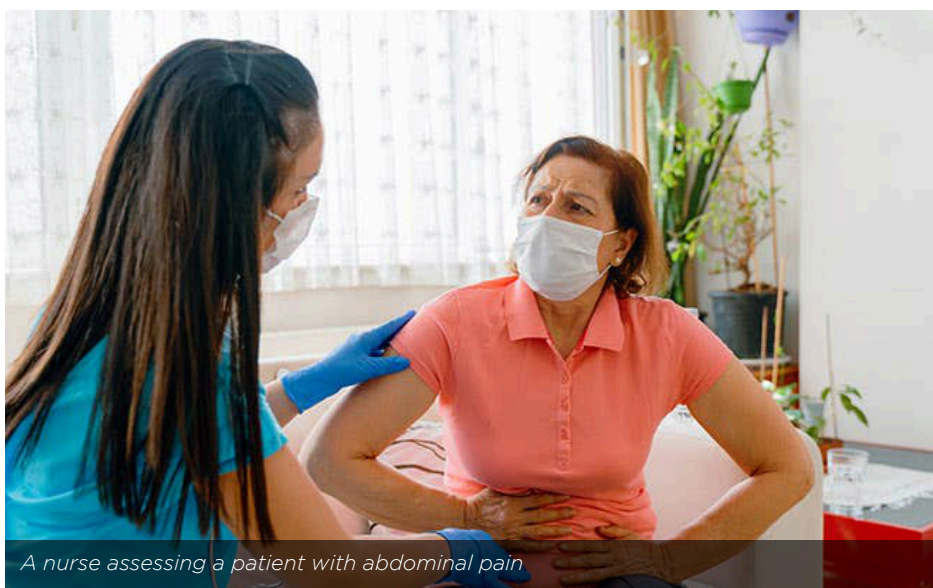
- Discomfort during sexual intercourse
- Vaginal discharge tinged with blood
- Pelvic pain

However, it is important to note that these symptoms can have other causes, including infection. If you experience them, please seek medical advice.

Treatment of Cervical Cancer

- Cervical cancer treatment options include surgery, radiotherapy, chemotherapy, or combinations of these.
- Deciding on the kind of treatment depends on several factors, such as the stage of the cancer, as well as age and overall state of health.
- Treatment for early-stage cervical cancer, when the cancer remains within the cervix, has a good success rate. The further a cancer spreads from its original area, the lower the success rate tends to be.

Cervical cancer could be the first cancer ever in the world to be eliminated if 90% of girls are vaccinated, 70% of women are screened and 90% of women with it receive treatment. Let's encourage our loved ones to get vaccinated and screened frequently. Let's all work together to end cervical cancer!



A nurse assessing a patient with abdominal pain

Reinventing Yourself in 2022



By Margaret Moraa (Customer Complaints Assistant)



A mother and daughter ushering in the new year

Polishing your look

You'll feel revitalized in the new year if you refresh your appearance.

This could be by getting a haircut. Make an appointment with your stylist as soon as the new year begins. For a minor change, get a trim, or go for a dramatic new hairstyle for a completely different look. For example, if your hair is long and straight, consider cutting it to shoulder length and layering it. Consider cutting the sides of your short hairdo even shorter for a subtle adjustment. If you have a pixie cut, for example, you can cut it even shorter. Experiment with your appearance by attempting something new. Making a change to your appearance can make you feel more confident as the new year begins. You might experiment with bright lip colors or change the style of your eyewear. You may even tint your hair a bright color, go on a new wardrobe buying spree, or get a new pair of shoes. Find something that fits your style and budget, and try something new!

Begin a fitness regimen. Consider your existing health and general fitness goals, and devise a strategy to improve your health based on your present situation. For example, you could begin taking a 20-minute walk every day after work or train for a marathon in the fall. Begin slowly and

steadily to ensure that you achieve your objectives. If you're new to exercising, look for a gym in your region and commit to coming three times each week. To begin, walk on the treadmill for 20 minutes each time. Make a goal to improve your BMI or obtain a six-pack by the end of the year, for example, if you are a fitness enthusiast

Random acts of kindness are little, deliberate acts performed to make others' life better.

Try to perform as many random acts of kindness as possible. Do these activities with the intention of brightening someone's day rather than expecting anything in return. Picking up trash along the roadside, assisting an old person across the street, or feeding the homeless, giving kind compliments, smiling at strangers, and volunteering for charities are all examples of things you can do. You can even pay for the next person's coffee or tip your server generously. This is an excellent approach to start the new year on a positive and compassionate tone.

Setting Goals and Intentions

Aim to try something new once a month. It's a good idea to push yourself out of your comfort zone at least once a month. You can either schedule one new thing each month or

choose from a list of options when the time comes. To broaden your horizons and grow as a person, opt to do something you've never done before or learn something completely new. Taking a language class, joining a yoga studio, or arranging a camping trip are all examples of this.

Make a list of things you want to try.

Sit down with a notebook and make a list of things you want to accomplish this year. Choose simple, achievable goals like "eat more vegetables" or detailed, attainable goals like "return to college." Fill your list with as many tasks as you feel driven to, then cross them off as you complete them during the year.

Make sure your CV is up to date so you can take advantage of fresh opportunities.

Open your CV as soon as the new year begins, read it over, and seek for ways to improve it. If you started a new employment at the end of the year, for example, include it in your "Employment" section. You can also make changes to the dates to match the new calendar year. This way, when the time comes to apply for a job, you will be prepared. You can also change your address or contact information.

Make an effort to enhance your sleeping habits. Adding more meaningful and restorative sleep to your resolve list is a terrific idea. You can try to relax more before bedtime by taking a bath, drinking tea, or reading a book. You can also establish a natural rhythm by going to bed and waking up at the same time each day. Improving your sleep quality will help you stay focused and energized all year.

The Covid-19 Booster Shot



By Zainab Athman (Customer Care Assistant)



A woman getting her booster shot

Most people who are fully vaccinated against the coronavirus are relatively well-protected from serious illness and death from COVID-19.

But even highly effective vaccines often become less so over time. Early research on vaccines that use mRNA to protect you from the coronavirus, like those from Pfizer and Moderna, suggest that they eventually lose some of their power against infection and serious illness, no matter the variant of the virus (like Alpha, Beta, or Delta). Getting another shot several months after the first round, called a “booster shot,” can help supercharge the vaccine’s effectiveness.

The CDC and WHO both recommend getting a COVID-19 booster shot if you’re eligible.

Here are a few facts about the booster shots that you should know:

Boosters are available, but not everyone qualifies for them. According to the Center for Disease Control and Prevention (CDC), over a million people have been fully vaccinated, however not everyone who is eligible for a COVID vaccine can get a booster dose at this time. Moderna and Johnson and Johnson (J&J) boosters are only available to adults 18 and older; 16 and 17-year-olds who have had

Pfizer’s vaccine are eligible for its boosters. Pfizer vaccination receivers must wait at least five months after their initial shot to receive a booster; Moderna vaccine recipients must wait at least six months, and J&J vaccine recipients must wait two months after their initial shot.

Moderna’s booster is a tad different. Pfizer and J&J’s boosters have the same formulation and dosage as the original vaccine, but Moderna’s is half the dose—50 micrograms for the first two doses. Clinical trials show that the lower dose still produces a significant immunological response, and the business claims that the lower dose will assist improve global supplies.

CDC recommends Pfizer and Moderna over J&J.

The advisory was released on December 16th, 2021, following the examination of evidence from a rare but significant instance of blood clotting problem connected to J&J’s vaccination by a team of specialists who advise the agency. As of August, 54 occurrences of the illness had been confirmed, with nine people dying from it out of around 14 million doses administered. According to the findings, young women in their 30s and 40s are the most vulnerable. J&J’s vaccination will still be available for anyone who are unable or unable to obtain the mRNA vaccine, according to the CDC.



Depression is Real



By Mark Njeru (Quality Management Coordinator)

Someone going through depression

The silent killer that takes lives without warning, punishment, or any sympathy; depression is truly one of the most prominent mental illnesses in the world.

Depression is defined as a mental illness inducing a severe and staunch feeling of sadness. The term depressed is coined in English as a temporary sadness that everyone experiences in their life. It heavily influences emotions and one's outlook on life and more than often ends up changing a person's life in a major way. People experiencing depression often feel sad every day and cry very often, making that too another daily routine.

Even when participating in activities that used to bring joy, people begin to lose interest and begin secluding themselves from people and things they love.

An incredibly common feeling in depression is the feeling of a burden

The feelings of worthlessness, helplessness, guilt, and self-blame are those among the most commonly recorded. This leads to the major influence of depression on the world, suicidal thoughts and actions great

Typically, a depressed person is overtaken with feelings of sadness, emptiness, and despair to the point of believing that they are unloved and incapable of

loving. Emptiness outweighs the rest. "Emptiness is a never ending feeling. Emptiness and helplessness often come hand in hand. When emptiness is felt in the depth of someone's soul, without anyone to help reel them in, they fall deeper and deeper within themselves, a never ending place. For someone who is depressed, getting out of bed can seem like moving a mountain.

It impacts all aspects of everyday life including eating, sleeping, working, relationships, and how a person thinks about himself/herself.

The persistent feeling of sadness or loss of interest that characterizes major depression can lead to a range of behavioral and physical symptoms. These may include changes in sleep, appetite, energy level, concentration, daily behaviour or self-esteem. Depression can also be associated with thoughts of suicide

Hidden signs of depression

1. Appetite and weight changes

Eating too much or too little can suggest Trusted Source the presence of depression. Some people turn to food for comfort, while others lose their appetite or eat less due to low mood.

These changes in food intake can cause a person to start gaining or losing weight

2. Changes in sleep habits

A lack of sleep can contribute to depression, and depression can make it more difficult to sleep. Sleeping too much can also be a sign that a person may have depression.

3. Alcohol or drug use

Some people may use alcohol or drugs to cope with their feelings of sadness, loneliness, or hopelessness.

4. Fatigue

Feeling excessively tired is a very common symptom of depression. Some research suggests that over 90% of people with depression experience fatigue. People who have severe or persistent tiredness and especially if it accompanies other symptoms may have hidden depression.

5. Forced happiness

Sometimes, people refer to hidden depression as “smiling depression.” This is because people who hide their symptoms may put on a happy face when in the company of others.

6. Less optimistic than others

People with depression may have more pessimistic tendencies. Being more realistic or pessimistic than others may be one sign of depression, especially if the person has other possible symptoms of depression.

7. Disinterest in hobbies.

Disinterest in activities that a person used to enjoy can be one of the first signs that other people notice when their loved one has depression.

8. Being angry or irritable

Instead of appearing sad, some people with hidden depression may display irritability and overt or suppressed anger.

9. Low sex drive

Major changes in sex drive is a key indicator for diagnosing episodes of major depression.

There are several reasons that a person's libido might decrease when one is having depression, including:

- i. Loss of interest in pleasurable activities such as sex
- ii. fatigue and low energy levels
- iii. Low self-esteem.

What to do if a loved one has hidden depression

If a loved one appears to have signs of hidden depression, try to talk to them about their symptoms and offer nonjudgmental support and advice.

This can include:

- Encouraging them to seek treatment.
- Offering to accompany them to appointments.
- Planning enjoyable activities together.
- Exercising together.
- Encouraging them to socialize with others.

People looking after someone with depression also need to practice good self-care in order to preserve their own mental well-being.

COVID Pandemic Pages

Booster Shots: Side-Effects and How to Prevent Them



By Felix Musila (Communications and PR Officer)

While COVID-19 vaccines can protect people from severe illness and death they are also known to have some side-effects - mostly ranging from minor to moderate.

Many countries across the globe are looking at booster shots with hope as a highly-transmissible Omicron variant leads to a huge surge in the number of cases worldwide.

While COVID-19 vaccines can protect people from severe illness and death, it is also known to have some side-effects - mostly ranging from minor to moderate. In the case of booster dose too, experts say there are no additional side effects other than the routine COVID-19 vaccination that are being reported.

To minimize these side-effects, it is recommended to take utmost care of your health by including balanced diet in your meals, staying hydrated and taking adequate sleep. Avoiding alcohol, smoking and staying away from junk food is also advised to people post their booster shot.

Experts say that the side-effects are generally lower in case of booster doses compared to the first and the second dose and there is absolutely no reason to worry. When someone undergoes vacci-



nation, depending on the vaccine make, different type of viral antigen is introduced in our body. These antigens are meant to generate some antibody reaction so that when the actual virus attacks, our pre-existing antibody can neutralize it. Since it is a reaction of our body, it is not very rare to see someone developing mild fever, body ache and some sore throat.

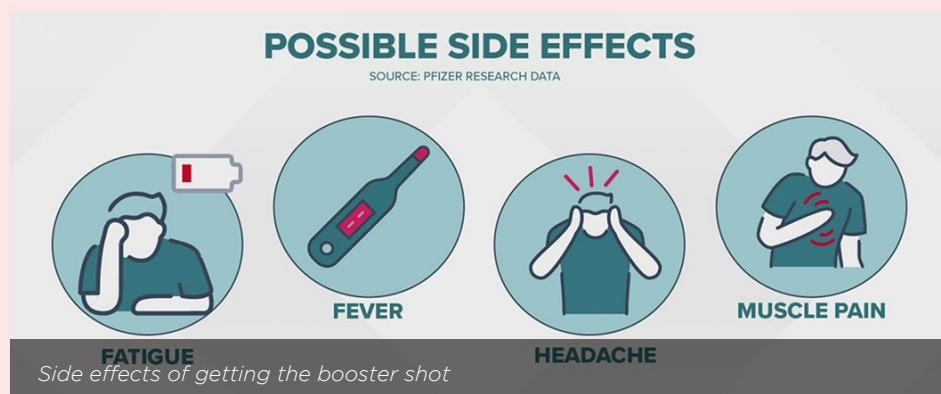
These effects are more common with first dose and relatively less common after the second dose and even less in the booster dose.

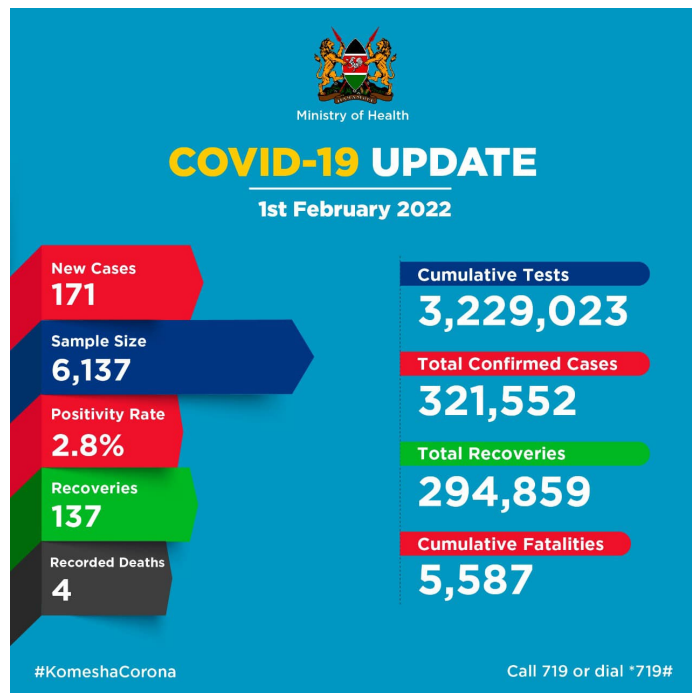
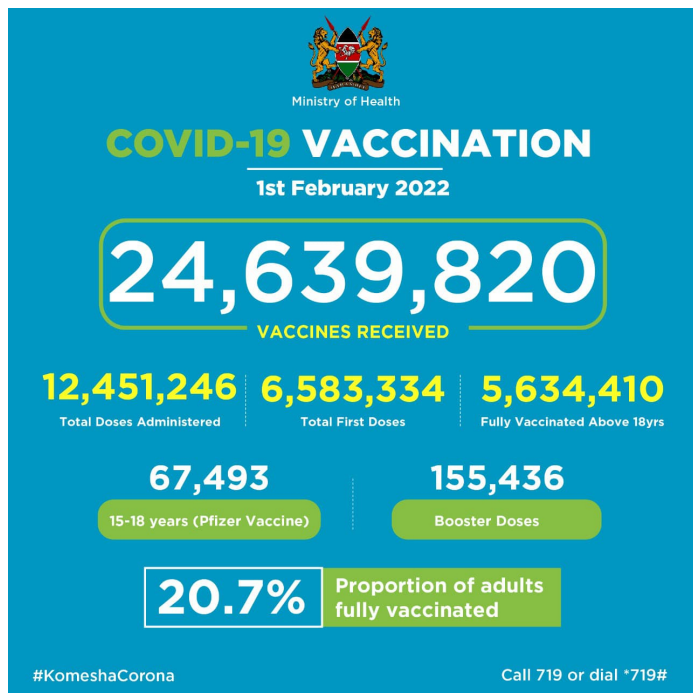
Tips to Follow Before and After Booster Shot

One should avoid going for the vaccination empty stomach and consume heavy, fried or spicy foods. Do not smoke or drink and

consume caffeinated beverages.

- Have small and frequent meals
- Drink plenty of water- Hydration is important
- Optimize nutritional intake with special focus on proteins and easily digestible food like curd
- Add diet diversity-food from each food group
- Have at least 5-8 serving of fruits and vegetables
- Increase probiotics or prebiotics and fibre in diet
- Limit consumption of highly processed food and include more of seasonal and whole foods like whole cereals and millets, whole pulses etc
- Avoid smoking and alcohol which adversely affects immunity and risk and severity of infections





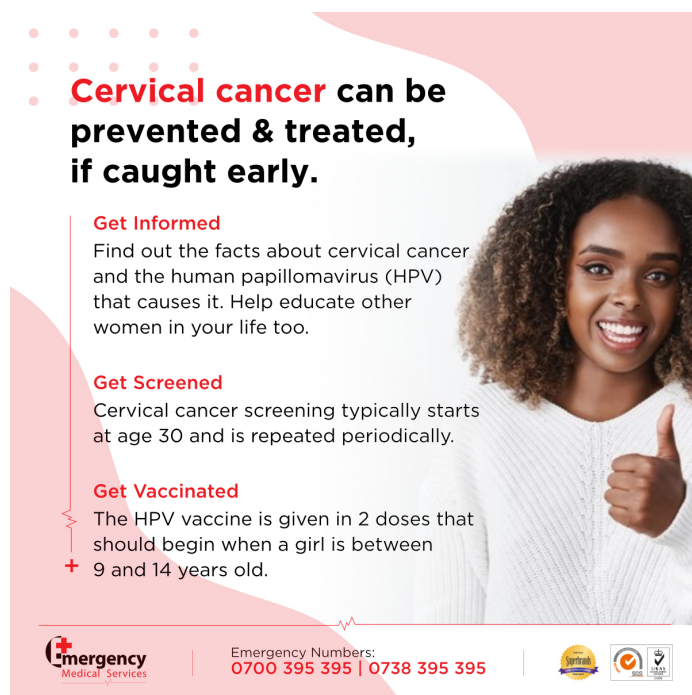
Source: Ministry of Health, Government of Kenya | Data as at 1st February 2022



Cervical cancer can be prevented & treated, if caught early.

Get Informed.
Get Screened
Get Vaccinated

Emergency Numbers:
0700 395 395 | 0738 395 395



Cervical cancer can be prevented & treated, if caught early.

Get Informed
Find out the facts about cervical cancer and the human papillomavirus (HPV) that causes it. Help educate other women in your life too.

Get Screened
Cervical cancer screening typically starts at age 30 and is repeated periodically.

Get Vaccinated
The HPV vaccine is given in 2 doses that should begin when a girl is between 9 and 14 years old.

Emergency Numbers:
0700 395 395 | 0738 395 395

*If you need to contribute articles/materials to the E-Plus NewsPod,
kindly get in touch through*

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