

OCTOBER, 2021



## E-Plus Partners with the Diamond Trust Bank (DTB) to Offer Emergency Medical Services

*By Felix Musila (Communications and PR Officer)*

Emergency Plus Medical Services (E-Plus) has announced a new partnership with the Diamond Trust Bank (DTB) (E-Plus) to offer emergency road and air evacuation services to DTB account holders.

Under this partnership, E-Plus will enable DTB customers have access to unlimited road ambulance evacuations and up to two air evacuations per year. Other services to be offered under this partnership include access to emergency medical helpline, treatment & stabilization on site....[Continue on Pg 1](#)

### Highlights

- ▶ E-Plus Partners with the Diamond Trust Bank (DTB) to Offer Emergency Medical Services
- ▶ Enterprise Risk Management (ERM) Training
- ▶ National Business Leadership Awards (NaBla) 2021
- ▶ Senior Officials from the Red Crescents of Ethiopia, Djibouti, Somalia, Nigeria and Kenya Visit E-Plus
- ▶ The Eight Dimensions of Wellness
- ▶ In the Midst of Chaos, there is Also Opportunity!
- ▶ Addiction
- ▶ Food Poisoning
- ▶ E-Plus in the News

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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.



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Under this partnership, E-Plus will enable DTB customers have access to **unlimited road ambulance evacuations** and up to **two air evacuations per year**. Other services to be offered under this partnership include access to emergency medical helpline, treatment & stabilization on site, transfer to the nearest medical facility and access to periodic health & wellness information.

Speaking during the MOU signing, Mr. Gopa Kumar, Head of Retail Banking, said that the move to integrate medical services with the Bank's offering has been driven by increased demand for access to quality, affordable healthcare services. Delays in treatment, especially in the event of accidental injury, are

known to contribute heavily to increased mortality rates in the country.

"Through this partnership, DTB account holders in all the 47 counties will be able to access on-demand medical evacuation services 24/7," said Mr. Gopa.

To qualify for the services, one must be a current account holder with DTB. The Bank has just introduced a range of new current accounts tailored to suit the banking needs of the youth, experienced professionals and the affluent individual. DTB Classic account holders will get

road evacuation services at a discounted rate whereas DTB Elite and DTB Titan account holders will get the evacuation services as a complimentary feature.

Speaking on the new partnership, Susan Ng'ong'a, Managing Director at E-Plus said, "This is a timely partnership that will enable DTB customers in dire situations to receive quality emergency care and evacuation in record time. E-Plus has endeared itself to Kenyans due to its superior equipment, highly qualified personnel, and fast response to emergencies. We have ambulances spread all over the country and we look forward to working with Diamond Trust Bank to provide ambulance services to your customers as we also continue to grow to become a market leader in the EMS industry in Africa".

The MOU signing held on the 18th October at the Boma Hotel was graced by senior officials from the two organizations.





# Enterprise Risk Management (ERM) Training

By Rukia Abdulkadir (Quality Management Representative)

As part of the efforts to bolster its internal capacity, the E-Plus management team underwent a thorough 2-day training on Enterprise Risk Management at the Boma Hotel, Nairobi between the 4-5 October, 2021.

The training enabled the team to get a better understanding of ERP and compliance management.

The training also focused on risk assessment outcomes and risk responses formalizing. The training that was conducted by the Integrated Management Systems (IMS) Africa also included the management team from the Boma International Hospitality College.



From Left to Right:  
Wilfred Muraya  
(Procurement  
Manager), Joe Kiruri  
(IT), John Mwangi  
(Finance Manager),  
Lucy Hudson (Human  
Resources Manager)



Front Display, Left to  
Right: Obadiah Salim  
(Dispatch Supervisor),  
Sylvia Ambatsa  
(Quality Management  
Assistant), Qamar  
Gulleid (Paramedics  
Supervisor), Dr.  
Christine Memusi  
(Director of Medical  
Operations)



# National Business Leadership Awards (NaBla) 2021

By Felix Musila (Communications and PR Officer)

The Emergency Plus Medical Services, East Africa's leading ambulances services provider is proud to announce its nomination in the National Business Leadership Awards, 2021.

The National Business Leadership Awards (NaBLA Awards) is an initiative from Inversk Magazine to acknowledge and celebrate business leaders and enterprises using excellent sustainability strategies to make a true impact on business, society, and the environment.

The event is meant to award Kenyan business leaders and enterprises, who are accredited and fully recognized by respective government bodies.

E-Plus has been nominated under the Most Valuable Covid-19 Corporate Response category while the Managing Director, Susan Ng'ong'a has been nominated under the Business Leader of the Year category.

This year's winners will be revealed during the awards gala to be held on 26th November, 2021 in Nairobi, Kenya.

At E-Plus, we have undertaken the following response measures as a corporate:

- ✓ Setting aside Designated Ambulance Units to handle COVID-19 cases, by increasing our fleet number to stand at 128 ambulances spread all over Kenya

- ✓ Procuring necessary Personal Protective Equipment (PPEs) and training of crew on donning and doffing and equipping all ambulances adequately
- ✓ Procuring 50 infrared thermometers for thermo screening and infection control and prevention
- ✓ Training sessions for All paramedics in preparation to respond to Covid-19 cases
- ✓ Increasing Paramedic personnel
- ✓ Investing in Disinfection and Decontamination Process
- ✓ Communication Plan – Creating Awareness of the Covid-19 both online and on Main stream; Constant update of the operations internally

E-Plus has also invested in Portable Isolation Chambers having purchased 2 in November 2021 and received a donation of 5 from the Embassy of Switzerland. The total number of Portable Isolation Chambers is now 7 for use in COVID-19 evacuations.

E-Plus has also pioneered a new product, **eDoc**- an online virtual medical consultation platform where patients can access a doctor from wherever they are. This is in response to the apprehension that people have in regards to visiting hospitals during the pandemic period for

fear of contracting COVID-19. Any individual in need of medical help can simply log onto the platform from the comfort of his/her home and book for a consultation.

It is also important to note that from the advent of the COVID-19, we have conducted a total number of **4698 evacuations**. This is the **highest number of COVID-19 evacuations by any Emergency Medical Services provider in East and Central Africa**.

Voting is still underway and closes in on 22nd November, 2021. To vote kindly go to: <https://nablawards.com/vote/>





*E-Plus Managing Director, Susan Ng'ong'a (in grey dress), flanked by PR Officer, Felix Musila (middle) explains to the guests how the Dispatch Centre system works*

## Senior Officials from the Red Crescents of Ethiopia, Djibouti, Somalia, Nigeria and Kenya Visit E-Plus

*By Zitima Noor (Marketing and Communications Assistant)*

**E**-Plus Managing Director, Susan Ng'ong'a led the senior management team in hosting a delegation of senior ranking officials from the Red Crescents of Ethiopia, Djibouti, Somalia, Nigeria and Kenya who paid a visit to E-Plus on the 13th October, 2021.

They explored and held discussions on the mutual areas of collaboration between the two entities, besides also being appraised on the different programmes and activities that E-Plus was undertaking. The officials were later taken on a brief tour of the E-Plus facilities including the state of the art Dispatch Centre, Advanced Life Support and Basic Life Support ambulances.

Also present during the visit was Director of Medical Operations, Dr. Christine Memusi, Dispatch Supervisor, Salim Obadiah and Communications and Public Relations Officer, Felix Musila.

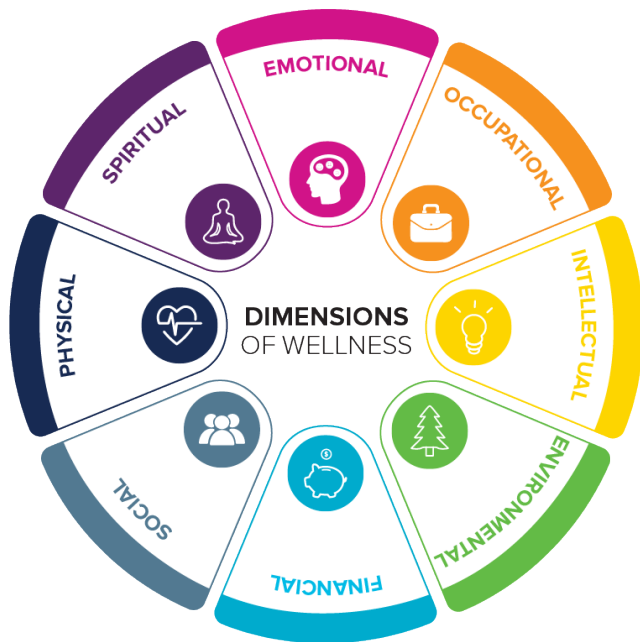


*From Left to Right: Joseph Karanja, (Ambulance Operator), Medical Operations Director, Dr. Christine Memusi, Nigerian Red Cross Society National President, Elder (Chief) Bolaji Akpan Anani, and William Kimanzi (Ambulance Paramedic)*



# The Eight Dimensions of Wellness

By Mark Njeru (Quality Management System Coordinator)



**W**ellness is a broad concept. We invite you to think of wellness as meaning being healthy in many dimensions of our lives. This includes the emotional, physical, occupational, intellectual, financial, social, environmental, and spiritual parts.

These dimensions are interconnected, one dimension building on another.

At times one dimension may be more prominent than others, but neglect of any one dimension for any length of time has an adverse effect on overall wellness.

The eight-dimension are inter-connected. We all know how much they connect in our lives. When we feel financially stressed (e.g., increasing debt), we experience emotional stress (anxiety), sometimes leading to physical problems (illness), less effectiveness at work (occupational), and maybe even questioning our own meaning and purpose in life (spiritual).

When we are not working (occupational), we lose some of our opportunities to interact with others (social), cannot get the quality foods and medical care we need to stay well (physical), and may need to move to a place that feels less safe and secure (environmental).

Wellness is the pursuit of continued growth and balance in the eight dimensions of wellness.

## Social Wellness

Social wellness is the ability to relate to and connect with other people in the world. The ability to establish and maintain positive relationships with family, friends and co-workers contributes to social wellness.

Friends can serve as a source of encouragement and reinforcement for practicing healthy habits.

The social dimension encourages one to become aware of his or her importance in society. It is vital to stay connected to people, form new relationships and participate in various social activities. Social wellness also includes showing respect for others, oneself and other cultures.

## Intellectual Wellness

The intellectual dimension encourages creative, stimulating mental activities. A well person expands his or her knowledge and skills while discovering the potential for sharing one's gifts with others.

The mind should be continually exercised just as the body. To become intellectually well, it is important to explore issues related to problem solving, critical thinking, and adaptation to change.

Intellectual wellness involves spending more time pursuing personal interests and reading books, magazines, and newspapers, while staying aware of current events and issues.



## Emotional wellness

The emotional dimension recognizes awareness and acceptance and healthy expression of one's feelings such as happiness, hope, love, joy, sadness, anger, fear, and/or stress. It includes the capacity to manage feelings and related behaviors including the realistic assessment of limitations, development of autonomy, and ability to cope effectively with stress.

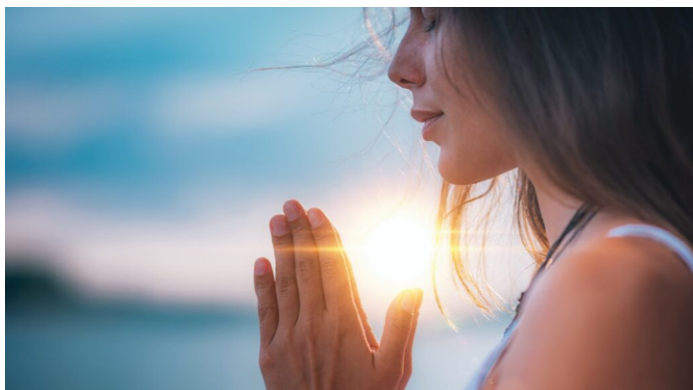
Emotional wellness also includes intimacy, independence, and interdependence. Awareness of and accepting a wide range of feelings in oneself and others is essential to wellness.

## Physical Wellness

Physical wellness is the ability to maintain a healthy quality of life that allows one to get through daily activities without undue fatigue or physical stress. Optimal physical wellness is met through a combination of good exercise and eating habits.

Being physically fit and feeling physically well often leads to the psychological benefits of enhanced self-esteem, self-control, determination and a sense of direction.

## Spiritual wellness



The Spiritual wellness is the ability to establish peace and harmony in our lives. It encompasses a high level of faith, hope, and commitment to our individual beliefs that provide a sense of meaning and purpose in human existence.

It is better to ponder the meaning of life for ourselves and to be tolerant of the beliefs of others than to close our minds and become intolerant. Becoming spiritually well means striving for consistency with our values and beliefs.

## Environmental Wellness

The environmental dimension is the extent to which one cares for the earth by protecting its resources. It is the ability to recognize personal responsibility for the quality of the air, water and land.

The ability to make a positive impact on the quality of homes, communities, and the planet while understanding the negative effect of personal choices contributes to environmental wellness.

## Occupational Wellness

Occupational wellness involves preparing and making use of your gifts, skills, and talents in order to gain purpose, happiness, and enrichment in your life. The development of occupational satisfaction and wellness is related to your attitude about your work.

Achieving optimal occupational wellness allows you to maintain a positive attitude and experience satisfaction/pleasure in your employment. Occupational wellness means successfully integrating a commitment to your occupation into a total lifestyle that is satisfying and rewarding.

## Financial Wellness

Financial wellness is a feeling of satisfaction about your financial situation. Finances are a common stressor for people, so being able to minimize worry about this aspect of your life can enhance your overall wellness.

Options for managing financial wellness include having a household budget, starting a savings account and adding to it every month even if it is just a small amount, saving some of your income in an emergency account, cutting back or limiting unnecessary expenses, avoiding credit card debt.

Try tracking your spending for a month to see where your money is going and set goals based on what you find.



# In the Midst of Chaos, there is Also Opportunity!

By *Qitma Noor (Marketing and Communications Assistant)*

COVID-19 appeared out of nowhere. What began as an isolated respiratory infection transferred from a wet market in Wuhan, China, in December 2019 quickly escalated into a public health emergency of international concern on 30 January 2020, and was declared a pandemic by the World Health Organization on 11 March (WHO).

It has afflicted about 250 million people worldwide in a short period of time, resulting in more than 4.7 million deaths. Since the Spanish Flu in the early twentieth century, the world had not witnessed such a widespread disease.

People were put on lockdown, unable to see one another, go to work, or carry out their normal tasks. People all across the world became desperate, battling it out at home, in nursing homes, in intensive care units, dying of the same disease and being separated from their loved ones.

We want to be close to our family and friends at times of existential danger, to grasp their hands and embrace them – but we are now banned to do so, because every act of physical contact – every show of bodily loving-kindness and compassion – “could cause illness”.

The actual unpredictability of human existence and the frailty of human life are then confronted. How many times have we pretended to be in charge of our own fates, ignoring our



vulnerability? The Covid-19 pandemic has proven us wrong.

We are confronted with life's most fundamental questions. What are we doing here? What have we accomplished in our lives? What is the major goal of our lives?



This pandemic makes us realize how important our most basic needs and ideals are. It encourages us to recognize the importance of many people whose contributions to society are often overlooked: first responders, nurses, hospital

workers, people working at grocery checkout counters, delivery persons, and the countless anonymous strangers who assist the elderly and defenseless.

It's not all doom and gloom, though. In our communities all across the world, the pandemic has shown a magnificent sea of love and unity. It has resulted in numerous acts of selflessness in hospitals, nursing homes, and other settings. It has compelled many of us to put our greatest assets to work for the greater good, giving our lives new and inspiring meaning.

This is the lesson we must carry forward into the post-Covid-19 era: Rather than pushing virtue to the margins, we need to mobilize it in our midst.

It's past time to reconsider the right corporate aim, the goal of our economic actions, the goal of our personal relationships, and the ultimate goals of our lives.

# Addiction

By Margaret Moraa, (Complaints Handling Assistant)



**A**ddiction is an inability to stop using a substance or engaging in a behavior even though it is causing psychological and physical harm.

Addiction is characterized by impairment and behavioral control (compulsion), obsession to use (craving) and the inability to abstain/stop despite apparent negative consequences. Like other chronic diseases, addiction may involve cycles of relapse and remission without treatment or engagement in recovery activities.

Addiction is progressive and can result in disability or premature death.

## Warning Signs

- Neglecting your responsibilities.
- Reckless behavior while under the influence
- Legal consequences
- Inter and intra-personal conflicts
- Tremors and slurred speech or impaired coordination
- Change in appetite/sleep patterns
- Withdrawal symptoms
- Loss of control over your substance use
- Sudden weight loss or gain

## The Four Stages of Addiction

Substance addiction follows a predictable pattern, with the exception of those who get hooked by accident - commonly as a result of taking a prescription drug. What starts out as pleasurable or soothing can suddenly devolve into something unpleasant, if not deadly.

It's helpful to be aware of these four stages and to use the knowledge to avoid addiction's eventual outcome.

## Experimentation

Only a small percentage of people intend to get hooked. The first time a person gets high may appear to be a one-time event, but it is the first time that can lead to an addictive downhill cycle.

In this stage, peer pressure is a major factor. Young individuals, in particular, have a strong desire to be accepted by their peers and to have a reputation for following the herd, but even adults are subject to this pressure. Those who lack a strong resistance against social exclusion will frequently take a substance provided to them in order to feel accepted.

Another scenario is when a user needs the usage of drugs to relieve employment stress, social anxiety, or cope with a difficult life situation. If the substances are effective in alleviating these symptoms, the urge to use them on a regular basis increases.

Pain-relief drugs taken without a prescription, while supposedly safe when taken as prescribed, are now the leading cause of addiction. The misuse of prescription medicines is cited by a large percentage of current heroin users as the catalyst for their addiction.



## Regular Use & Abuse

Something that was formerly deemed recreational or temporary becomes a way of life at this point on the path to addiction. The user begins to utilize the substance as a crutch to get through everyday life because life is no longer as pleasant or satisfying without it.

Ironically, what starts out as a way to escape boredom or stress might end up becoming the precise thing that causes it. Regular users often claim that they are no longer interested in things that once provided delight, and they can experience excessive mood fluctuations in between doses due to the nature of the chemicals.

While some users begin abusing substances to relieve anxiety and despair, they soon discover that their chances of experiencing these negative emotions have increased while on the drug. Genuine dependence on the drug develops and becomes increasingly obvious leading to addiction.

## Dependency & Tolerance

Physical and psychological dependence on the substance develops as regular use escalates. The brain no longer releases chemicals on its own, relying instead on an external agent to regulate it. The body may cease to function normally, necessitating the use of more of the drug to reestablish balance.

Psychologically, the user may start to notice that situations that were previously manageable have become unbearable now that they are sober. Tolerance to the drug develops over time. After a person develops a tolerance to a drug, they will require higher or more frequent dosages to achieve the desired relief.

Risk-taking behaviors frequently increase as a sub-category of this process. Users may get startled by their own conduct once dependency and tolerance have developed. Money meant for bills could be diverted to the acquisition of the substance.

The user may discover that he or she is associating with persons who are not the best social companions. Users may begin to excuse risky

activities like driving when inebriated as necessary. Work duties may be put off or ignored in favor of getting high, and relationships may suffer as a result of abuse and neglect.

## Addiction

With full-blown addiction, the user has now grown accustomed to the above-mentioned alterations. Because most thoughts are focused on how to get the next high, less time is spent in self-contemplation. An addict may look nothing like the person you previously knew.

Users who are addicted to a substance will feel as though they are powerless to stop using it. They may resolve to quit, only to be disappointed when they relapse. They may be aware of their loved ones' suffering, but that cannot override their desire to use the substance.

In the depths of addiction, a person's basic necessities may be neglected. Without the influence to govern the schedule, grooming habits may deteriorate, meals may be neglected, and sleep may become impossible. It is possible that jobs will be lost, resulting in a loss of income.

Without a source of income, people are more likely to engage in criminal conduct and seek charity, and it can become a revolving door to poverty.

## Treatment & Recovery



There are stages on the path out of addiction, just as there are stages on the route into addiction. Long-term recovery is a process of confronting and coping with life without reverting to addictive behaviors. It necessitates a long-term commitment, which can be swayed at any time, especially during times of stress.

When you require assistance, seek it. Others in recovery, as well as experts who work in the field of addiction, are aware that you still need help, are available and willing to support you.

# Food Poisoning

By Zainab Athman, (Customer Care Assistant)

## What is Food Poisoning?

Foodborne illness, more commonly referred to as food poisoning, is the result of eating contaminated food, spoiled or toxic food. The most common symptoms of food poisoning include nausea, vomiting and diarrhea.

Although it's quite uncomfortable, food poisoning isn't unusual.

## Food Poisoning Symptoms

If you have food poisoning, chances are it won't go undetected. symptoms can vary depending on the source of infection. The length of time it takes for symptoms to appear also depends on the source of infection, but it can range from as little as 1 hour to 28 days. Common cases of food poisoning will typically include at least the following:

- Abdominal cramps
- Diarrhea
- Vomiting
- Loss of appetite
- Mild fever
- Weakness
- Nausea
- Headache

## Symptoms of Potentially Life-Threatening Food Poisoning Include:

- Diarrhea persisting for more than one hour

- Fever higher than 101.5 F
- Symptoms of severe dehydration, which may include dry mouth

## What Causes Food Poisoning?

Most food poisoning can be traced to one of the following major causes: -

### Bacteria

Bacteria is by far the most prevalent cause of food poisoning. When thinking of dangerous bacteria, names like salmonella, listeria comes to mind for good reason. Salmonella is by far the biggest culprit of food poisoning cases.

### Parasite

Food poisoning caused by parasites is not as common as food poisoning caused by bacteria, but parasites spread through food are still very dangerous. Toxoplasma is the parasite seen most often in cases of food poisoning.

Its typically found in cat litter boxes. Parasites can live in your digestive tract undetected for years. However, people with weakened immune system and pregnant women risk serious side effects if parasites take up residence in their intestines.

### Viruses

Food poisoning can also be caused by viruses.

The norovirus, also known as Norwalk virus, causes over 19 million cases of food poisoning each year. In rare cases, it can be fatal. Sapovirus, Rotavirus and Astrovirus bring on similar symptoms, but they're less common. Hepatitis A virus is a serious condition that can be transmitted through food.

## How Does Food Become Contaminated?

Pathogens can be found on almost all foods that human consume. However, heat from cooking usually kills pathogens on food before it reaches our plate. Foods eaten raw are common sources of food poisoning because they don't go through the cooking process.

Occasionally, food will come in contact with the organisms in fecal matter. This most commonly happens when a person preparing food doesn't wash their hands before cooking.

Meat, eggs and dairy are frequently contaminated. Water may also be contaminated with organisms that cause illness.

## Who is at a Risk of Food Poisoning?

Anyone can come down with food poisoning. Statistically speaking, nearly everyone will come down with food poisoning at least once in their lifetime.

There are some populations that



are at risk more than others. Anyone with a suppressed immune system or an auto-immune disease may have a greater risk of infection and a greater risk of complications resulting from food poisoning.

According to research, pregnant women are more at risk because their bodies are coping with changes to their metabolism and circulatory system during pregnancy. Elderly individuals also face a greater risk of contracting food poisoning because their immune system may not respond quickly to infectious organisms.

Children are also considered a at-risk population because their immune system is not as developed as those of adults. Young children are more easily affected by dehydration from vomiting and diarrhea.

### How Is Food Poisoning Diagnosed?

Your doctor may be able to diagnose the type of food poisoning based on your symptoms. In some cases blood test, stool tests, tests on food that you have eaten may be conducted to determine what is responsible for the food poisoning. Your doctor may also use a urine test to evaluate whether an individual is dehydrated as a result of food poisoning.

### How is Food Poisoning Treated?

Food poisoning can usually be treated at home. And most cases will resolve within three to five days.

If you have food poisoning, it's crucial to remain properly hydrated. Sports drinks high in electrolytes can be helpful with this. Fruit juice and coconut water can restore carbohydrates and help with fatigue.

Avoid caffeine, which may irritate the

digestive tract. Decaffeinated teas with soothing helps like chamomile, peppermint and dandelion may calm an upset stomach.

Over the counter medicines like Imodium and Pepto- Bismol can help control diarrhea and suppress nausea. However, you should check with your doctor before using these medications, as the body uses vomiting and diarrhea to rid the system of the toxin. Also using these medications could mask the severity of the illness and cause you to delay seeking expert treatment.

It's also important for those with food poisoning to get plenty of rest.

In severe cases of food poisoning, individuals may require hydration with intravenous (IV) fluids at a hospital. In the very worst cases of food poisoning, a longer hospitalization may be required while the individual recovers.

### What's Good to Eat When You Have Food Poisoning?

It's best to gradually hold off on solid foods until vomiting and diarrhea have passed and instead ease back to your regular diet by eating simple-to-digest foods that are bland and low in fat such as: Bananas, oatmeal, chicken broth, bland potatoes, boiled vegetables, rice and diluted fresh juice.

### Foods to Avoid When You Have Food Poisoning?

To prevent your stomach from getting more upset, try to avoid the following harder to digest foods, even if you think you feel better.

- Dairy products especially milk and cheese
- Fatty foods
- Spicy foods

- Foods with high sugar content
- Fried foods

### You should also avoid:

- Caffeine (soda, energy drinks, coffee)
- Alcohol
- Nicotine

While having food poisoning is quite uncomfortable, the good news is that people recover completely within 48 hours.

### How Can Food Poisoning Be Prevented?

The best way to handle food poisoning is to handle your food safely and to avoid any food that may be unsafe.

Some foods are most likely to cause food poisoning because of the way they are prepared. Meat poultry, eggs and shellfish may harbor infectious agents that are killed during cooking. If these foods are eaten in a raw form, not cooked properly, or if hands and surface are not cleaned after contact, food poisoning can occur.

Other foods that are likely to cause food poisoning include:

- Sushi and other fish products that are served raw or uncooked
- Raw, unwashed fruits and vegetables
- Unpasteurized milk, cheese and juice
- Ground beef, which may contain meat from several animals

Anything that comes in contact with raw products should be sanitized before using it to prepare other foods. Make sure to always wash fruits and vegetables before serving.



Coast Region Heads of Schools Sensitization Forum by our Business Development and PR teams



In Front: Business Development Manager, Florence Kariuki



A cross section of some of the participants at the forum



Communications and PR Officer, Felix Musila making his presentation during the forum



## Pictorial



Evacuating a Patient with Cerebral Palsy



#WorkTheBeatCampaign Mt.Longonot Hike



## Customer Service Week





# COVID Pandemic Pages

## Vaccines Prevent Severe Covid-19, Even from Delta – study

*By Felix Musila (Communications and PR Officer)*

**V**accination is highly effective at preventing severe cases of Covid-19, even against the Delta variant, a vast study in France has shown.

The research published recently - focusing on prevention of severe Covid-19 and death, not infection -- looked at 22 million people over 50 and found those who had received jabs were 90 percent less likely to be hospitalized or die.

The results confirm observations from the US, the UK and Israel, but researchers say it is the largest study of its kind so far.

Looking at data collected starting in December 2020, when France launched its jab campaign, the researchers compared the outcomes of 11 million vaccinated people with 11 million unvaccinated subjects.

They formed pairs matching an unvaccinated individual with a vaccinated counterpart from the same region and of the same age

and sex, tracking them from the date of the vaccinated person's second jab to July 20.

Starting 14 days after a second dose, a vaccinated subjects' risk of severe Covid was reduced by 90 percent, according to the research conducted by Epi-Phare, an independent medicines safety research group that works closely with the French government.

Vaccination appears to be nearly as effective against for the Delta variant, with 84 percent protection for people 75 and older and 92 percent for people 50-75.

That estimate, however, is only based on a month of data, since the variant became dominant in France only in June.

The study should be followed up to include results from August and September.

The study covers vaccination with the Pfizer/BioNtech, Moderna and AstraZeneca jabs, but not Janssen which was authorized much later and is far less widely used in France.

The results also suggest that over the period of study -- up to five months -- vaccination protection against severe Covid did not diminish.





## E-Plus in the News

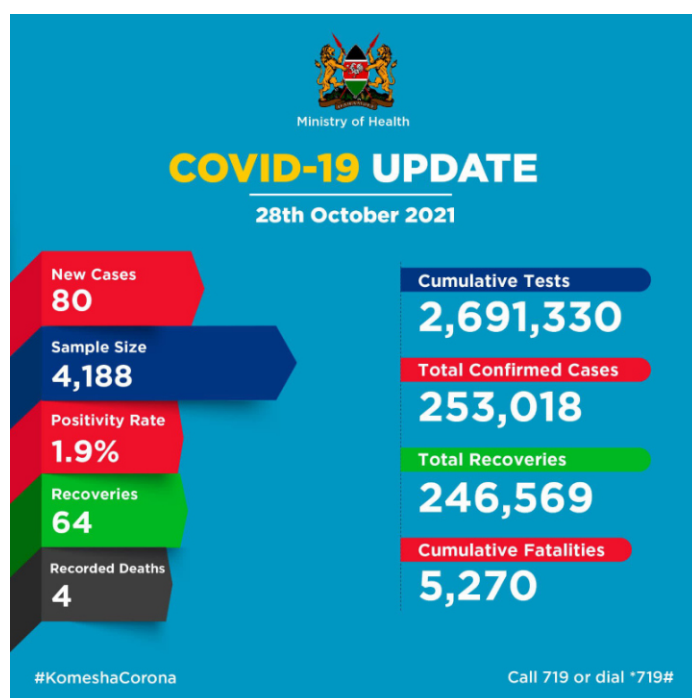
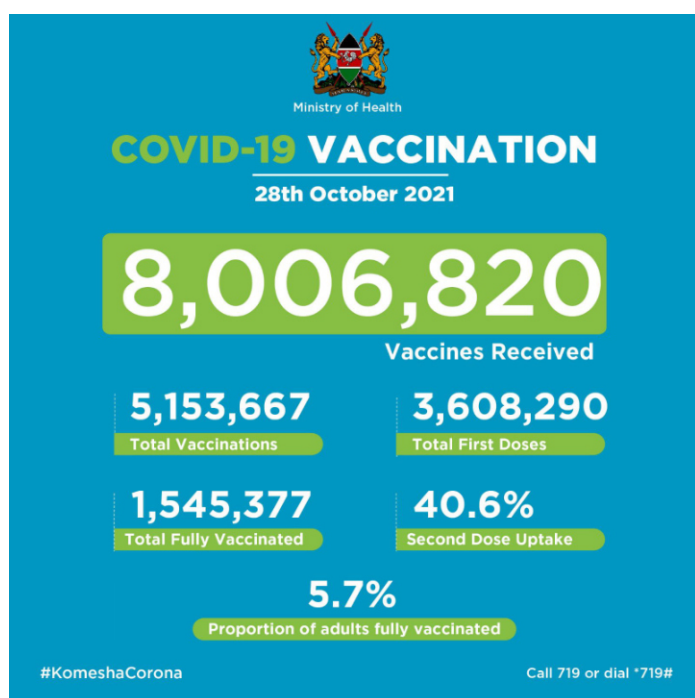


### Here's How We Make Others See the Beauty of this World (Standard Newspaper)

Hasina is one of the most well-known paramedics in her area, not just because it is her job, but because of her dedication to helping people. Her baby is now nine months old, in addition to having two other children who are now 10 and seven, and despite her motherly and family duties, she is still as dedicated as ever.

Read her story below:

<https://www.standardmedia.co.ke/sunday-magazine/article/2001427052/heres-how-we-make-others-see-the-beauty-of-this-world>



Source: Ministry of Health, Government of Kenya | Data as at 28th October 2021

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

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