

St RCHF additional news update July 2021

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În the last day many villages în the west of Romania again suffered terrible flooding with în some cases dwellings simply being washed away în the raging torrents of flood water. Thankfully the waters had dropped în level again by this morning, but the damage was done and clear for all to see. The East of Romania had again în the recent weeks also seen devastating flooding with lives lost and complete destruction în the areas affected often being rural villages, but major towns like Botosani and Suceava, plus Iasi have also been affected.

The world is indeed changing aş global warming takes affect and causes water levels to rise suprisingly quickly even în areas not normally considered high risk areas. The terrible flooding în Germany, Begium and The Netherlands is proof of this. We pray and forward our sincere condolences to everyone who has lost a loved one în this spate of European flooding aş well aş urge authorities to act quickly to help all who have been affected.

St RCHF is a Dutch charity and we work many years în helping flood victims and understand first hand the huge problems that a serious flooding causes. One of the major requirements for flood victims is clean water to wash and also clean bottled water to drink aş public supplies including water wells are contaminated by flood water and unsafe to drink. Then comes an exchange of dry clothing and medical support where required along with accomodation, often a cultural house, school or Church center that can be used temporarily so that flood victims who have no way of going home can have a dry roof over their heads. Tents are also to be used when no other accomodation can be found on a temporary basis aş have been used by St RCHF to house flood victim families în times of need în Romania. Food kitchens need to be set up so that hot food including soup and bread rolls can be freely handed out. All of the above are urgent measures to be put în place în the first 24 hours and after that clearing up once the dangerous water levels drop.

Tuberculosis continues to ravage Northest Romania.



Tuberculosis like Covid 19 is an airbourne illness transmitted from one infected person to another non infected one via the air they breathe when în close contact. This can be în crowded public transport, the work place, the pub or music event în fact any place where there are crowds of people and passes unseen from one person to another. TB may stay dormant many month în a person, then erupt when a persons immune system comes under dures and breaks down causing the illness to explode within their lungs.



St RCHF works voluntary many years in direct collaboration with the University Hospital of Pneumology in Iasi city. Brian Douglas speaking in simple terms explains the ongoing TB crisis within Romania and states that in such a poor Country there are many people who simply cannot meet their daily bills and many who do not even know where their next meal is coming from and these vulnerable groups are prime targets for the likes of Tuberculosis because of their lowered immunity to illness caused by a lack of vitamins, decent food, stress and hardship they endure daily.

Others at risk include those who work in smoky workplaces where there is little or no ventilation, Miners for instance who work underground, people who work in factories where wood cutting takes place as in furniture companies again often with poor ventilation. The problem also is that we now live in towns at Cities in which there is little fresh air as all is polluted by vehicle emissions that go unseen and one breathes this unclean air into the lungs thus pulmonary disease and TB are not far away.

In Romania many people simply cannot afford the high health insurance payments as is far above their means and as such do not have medical cover, thus for instance have no registered family doctor. Others who can afford health insurance fail to visit their doctor at the first sign of any illness thinking it's only a bad cough and it will pass in a few days and in those few days of waiting. If they have more than a bad cough and have TB they simply infect all of their family and now all have to be interned in a TB hospital for lengthy treatment under a medical specialist. We help educate in outreach work on this subject also as there is a complete lack of up to date information in the TB education domain in general.

The Covid 19 pandemic also resulted in many a person being frightened to attend a medical unit either family doctor or hospital and again this has in part also resulted in an explosion of TB including in rural areas where the poorest reside.

Tuberculosis is fully curable if caught in time and only if the sick person follows the full course of treatment and changes their lifestyle to a healthier one on release from hospital and here too lies a problem as the poorest cannot afford changes for instance in diet required to keep them healthy thus often the cured ones become ill again and requires more emergency medical care.

Sars Covid 2 (Covid 19)



Brian Douglas of St RCHF along is honored to be alongside Prof Dr Traian Mihaescu and Dr Diana Turcu who are leading medical specialist as administrators of the Romanian Covid 19 group. This group comprises of medical specialist from not only Romania, but throughout Europe including the UK and The Netherlands too.



This specialist Covid group explores the latest scientific recommendations including from the World Health Organisation and many leading medical universities and laboratories working on Covid 19 new treatments and of course vaccines.

The future development of new and innovative methods to treat Covid 19 and its many variants is essential to saving future lives.

At this moment the World is facing a new surge in Covid 19 via the delta strain and others as well and so is at a time when many Countries are playing with fire as I state politely by allowing international travel again and freedom of open movement without face coverings. This is a mistake and though some Countries have tried to counter act by replacing not all, but certain restrictions sadly the damage has been done and its too late as many peoples are already cross infected.

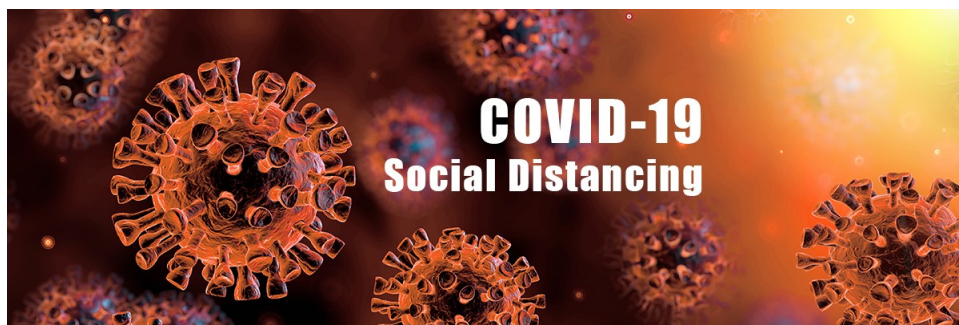
It seems to me like all that was learned by the pandemic is 2020 has quickly been forgotten by the World leaders who have failed to put the life of the people in the first place. In the meantime we have many medics and nurses themselves traumatized all over Europe including in Romanian who have suffered the effects of seeing multiple deaths, some describing as if in a war zone.

Life must come first and though we have vaccines there are Countries like Romanian where the free vaccine has been offered to a population, who have in the main part refused same because of the fear of what they read regarding the dangers of the Vaccine. Yes, I myself know people who have become very ill after taking the vaccine and even one person who lost her life after being vaccinated, but I know also many others who have had no side effects from either dose of the vaccine.

What has been lacking and is still lacking is mass free testing as this is the only way to know just how many Covid 19 infected people are in any population. Many show no symptoms for a good few weeks when infected, rather like with tuberculosis and in that time with ease infect others around them via this airborne illness. Only mass testing can determine the reality of the state of the population healthwise regarding Covid 19 and until that is undertaken the number of infected persons will rise again as will the death rate in the next few months.

Face coverings are essential and should be worn at all times to help protect you and your friends from cross infection. They do not provide 100 % protection, but at over 90% are a very viable and safe measure and are so easy to use. Face masks I remind are throw away objects that need replacing regular by the wearer who should always discard in a covered bin, preferably tearing the mask before depositing to stop anyone else using same!

Hand washing is also an essential tool in stopping cross infection and should be a part of everyone's every day life. It takes only a few minutes to wash your hands properly and remove germs and any infection from your skin. A nail brush is recommended for getting germs from under finger nails also. I wash my hands upwards of 20 times a day and have no problems with doing this. I have also handwash in the St RCHF vehicle so I can observe best hygiene practices when out and about.



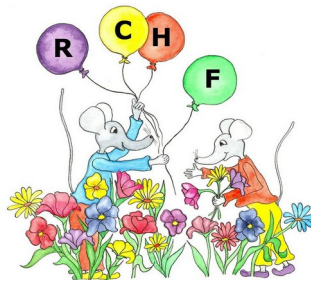
Finally lets also look at social distancing which has clearly fallen apart in Europe today despite the dangers with Covid 19 still being with us and on the rise rapidly again. We all like to meet friends and go to parties as well as events where are many people, but our health and that of our loved ones should be on our mind at all times in this pandemic and to be that bit extra safe do as I do and speak to people at a short distance and you help protect yourself, your loved ones and theirs too!

MAXIMUM DISTANCE FOR A SNEEZE OR A COUGH IS 9 METERS (29.5 FEET)



A simple cough or sneeze from an infected person who maybe does not know they are infected is enough to infect another person who fails to take proper precautions

St RCHF is always supporting children in care and in the poorest of families.



Each month St RCHF provides top up food aid for many families who simply have not the means to feed their children the quality of food they need to grow healthy and strong. We offer within the food parcels fresh fruit to add to vital vitamin intake. Our support also helps children in care and pensioners living alone who again often go without essential food as simply cannot afford on their low pensions. We thank you for your support in these actions with donations.



After many years of very good service our St RCHF vehicle has finally got well past its best and became so unreliable that a replacement vehicle was required. The problem is that Brian travels in areas that are way from main roads with aid and if one breaks down there is no help available and it can easily be dangerous in the sub zero winters when this happens specially in the night hours.

Thanks to the generosity and sheer kindness of Miriam and Jeroen Chramant at our Helmond base in the Netherlands we now have acquired a Renault Symbol that is in very good condition and will last many years.

We are constantly out helping the needy and have little time for office work, but promise that a new newsletter will be available by the end of August!

Sincere thanks for your support that allows us here to help so many people in need.