



Newsletter



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Lest We Forget the Struggle: An Homage to the Mental Wellness Journey



Story by Governor's Press Unit | Compiled by Barbara Wambui

Many, many people, almost too many to count, suffer silently from mental illness in one form or another. Fear of stigmatization, discrimination and outright rejection forces them to not speak out or ask for help. “Common” knowledge about the negative effects of stigma targeting those burdened by

mental illness may not be as common after all; and understanding what it looks like and how to address it can go a long way in helping our family, friends and loved ones. It is often said that “Mcheka Kilema Hafi Bila Kumfika”, loosely translated: A person who laughs at a cripple will not die before becoming one.

Simply put, be careful of how you perceive others in relation to yourself. For if it be in a negative light then the same, in one form or another, may befall you and/or your close ones as well. For those who believe in karmic retribution, well, there is it. Mental health issues have been with us, part of the fabric of our existence for eons.

From the days of yore when the mentally unstable were locked up in dark, dank rooms, restrained with chains and ropes, beaten, insulted, experimented on, and basically shunned as a laughing stock or a cautionary tale, how Society handles its mentally afflicted speaks volumes towards its own collective

mindset. Fast forward to the fast-paced, modern world of today; people are now ‘woke’ to these issues... Or are they? How can we better take care of our mentally ‘struggling’, be they family, friend and foe?

Established Policies and Plans: Excerpts

Kenya Mental Health Policy 2015-2030:

People with mental disorders experience disproportionately higher rates of disability and mortality. Mental disorders frequently lead individuals and families into poverty. Homelessness and inappropriate incarceration are far more common among people with mental disorders than for the general population, and having mental disorders exacerbates their marginalization and vulnerability. Persons with mental disorders often have their human rights violated, as a result of stigmatization and discrimination.

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Many are denied economic, social and cultural rights, with restrictions on the rights to work and education, as well as reproductive rights and the right to the highest attainable standard of health. They may also be subjected to unhygienic and inhumane living conditions, physical and sexual abuse, neglect, as well as harmful and degrading treatment practices in health facilities.

They are often denied civil and political rights such as the right to marry and found a family, personal liberty, the right to vote and to participate effectively and fully in public life, and the right to exercise their legal capacity on other issues affecting them, including their treatment and care. As such, persons with mental disorders often live in vulnerable situations and may be excluded and marginalized from society, constituting a significant impediment in the achievement of national and international development goals.

Workplace Mental Wellness Guideline 2023:

Globally, it is estimated that 15% of the working population has at least one mental health condition. In Kenya, this implies an estimated 3.7 million of the 24.9 million workforce might be living with a mental health condition. Moreover, there is a direct economic impact of employee mental health problems on employers

and businesses through increased absenteeism, a negative impact on productivity and profits as well as an increase in mitigation costs.

Kenya Mental Health Action Plan 2021-2025:

This Action Plan envisions a Kenya where mental health is valued and promoted, mental conditions are prevented and persons affected by mental conditions are treated without stigmatiza-

tion and discrimination. tal health conditions should be able to access, without the risk of depriving themselves, essential health and social services that enable them to achieve recovery and the highest attainable standard of health.

Human rights: Mental

Health strategies, actions and interventions for treatment, prevention and promotion must be compliant

tific evidence and/or best practice, taking cultural considerations into account.

Life course approach:

Policies, plans and services for mental health need to take account of health and social needs at all stages of the life course, including infancy, childhood, adolescence, adulthood and older age .

Empowerment of persons with mental disorders and psychosocial disabilities:

Persons with mental health conditions, psychosocial, intellectual and cognitive disabilities and their families should be empowered and involved in mental health advocacy, policy, planning, legislation, service provision, monitoring, research and evaluation

Underlying Factors or Triggers

Mental health triggers are myriad; without fear or favour cutting across age, gender, social, educational or financial status, family pedigree, creed, race, politics...or any form of 'ism' past, present or yet to be generated....

Research broadly describes a trigger as a situation, place, person or thing that provokes an intense or unexpected emotional response, or causes a person to re-experience a past trauma. While in this state of being triggered, one may feel overwhelmed, panic, withdraw, cry, act out, or react defensively.

Common types of emotional triggers include: - Loss or grief. Change. Stressful situations. Fear. Negative memories. Past trauma. Relationship issues.

A Silver Lining:



tion and discrimination.

It relies on six cross-cutting principles and approaches namely:

Universal health coverage:

Regardless of age, sex, socioeconomic status, race, ethnicity or any other status and following the principle of equity. Persons with men-

with the Constitution of Kenya, Convention on the Rights of Persons with Disabilities and other international and regional human rights instruments.

Evidence-based practice:

Mental health strategies and interventions for treatment, prevention and promotion need to be based on scien-

Multi-sectoral approach:

A comprehensive and coordinated response for mental health requires partnership with multiple public sectors such as Health, National treasury, Education, Security, Employment, Trade, Judicial, Housing, Social and other relevant sectors as well as the private sectors.



Enter Kamoko Health Center

Welcome to Mahiga Kamoko Health Center in Mahiga ward, Othaya sub-county. Host to a very vital mental health clinic attended by among many others from the area, Beatrice Wangui and Edward Kihu. Meet Beatrice. A 50-year-old mother of two children - one in grade school, the other in high school - and a dedicated daughter to her elderly mother. Her mental issues manifested at class 7, with dizzy spells, disorientation, fainting and collapsing. This went on past her high school and past her college days where she was undertaking a tailoring course.

During this period, she was diagnosed with epilepsy and depression, and put on various medications to alleviate her symptoms and help her cope. But hope and light finally appeared in the form of a scheduled monthly mental health clinic at Kamoko Health Center, established with the ongoing support of Amref Health Africa. Here, Beatrice is now not only able to get monthly follow-ups re her health status, but also her monthly supply of medication as well as nutritional training on best food combinations to manage her conditions and overall wellness. With this support Beatrice is also consistently able to fend for herself and her family by utilizing the tailoring skills

she learned at college, supplemented by various odd jobs available within the community.

We also have Edward. At 47 years he is married with two children in grade school and high school. A university graduate and career man whose upward trajectory within the banking and media sectors was cut short by mental challenges, Edward succumbed under work, home and extended family-related pressures to violent outbursts and alcoholism. Subsequent interventions led to sobriety but also led to severe depression. In the course of this turmoil he ended up losing his livelihood.

However, as we speak, and through the timely, convenient and accessible intervention at Kamoko Health Center's monthly mental health clinic, Edward is able to obtain regular medication to treat his depression, nutritional and anger management counseling, and finds a like-minded support group in fellow clinic attendees. Not only that, he has tapped into his professional experience in the banking sector to impart skills and empower others on money management.

Nyeri County's Pivotal Partnership with Amref Health Africa

The importance and role of strategic partnerships within Nyeri County's health sector, initiated under the leadership of Nyeri Governor H.E Dr. Mwalimu Mutahi Kahiga PhD., EGH, cannot be understated. The Department of Medical Services & Public Health led by



CECM Dr. Joseph Kiragu, through which this Partnership is operationalized, continues to push forward its mandate in advancing quality healthcare for all; driving lasting health improvements for Nyeri's residents. Amref Health Africa, headquartered in Kenya, is the largest Africa-based international non-governmental organisation (NGO) with over 60 years of engagement with governments, communities and partners to increase sustainable health

access in Africa.

Okay, Now What

Mental unwellness is a crisis that continues to decimate communities financially, socially and productively. But, as we can see, all is not lost. Going by the interventions continually being implemented by Nyeri County (through the cascading of national and international frameworks) in collaboration with its affiliates and partners such as Amref Health Africa, this situation is receiving the attention and seriousness it rightly deserves and is due.

And with the cooperation and awakening of members of the public to the same, one may rest assured that progress is at hand, slow but sure. We remain encouraged and positive that a paradigm shift is at hand that will turn the tide in terms of individual and collective progress. With this in mind, one can draw hope one day at a time knowing that there is light at the end of the tunnel. That help and support is readily

to working closely with all stakeholders to ensure the well-being of our communities".

Therefore, Lest We Forget

People compose their 'goodbye' statements every day. Create their goodbye scenarios; quietly empty and close their accounts; bequeath property both owned and leased; close off and finally detach themselves from family, colleagues and friends.

Let's begin to truly see these signs for what they are, and if any hint or red flag should rise, take a second to ask: Hi, are you okay? This one question could just save a life.

For those on the slow but steady path to wellness, connecting with others, laughing even at the most mundane of things, being supportive even silently, keeping pets, connecting with nature, music and dance, a good book (for

those with the patience), smiling, meditating on encouraging prayer lines, energetic and lively physical activities such as exercise or practicing some dance moves as you do your chores...are but some of the options readily (and inexpensively) available to promote peace and restoration. Above all, let us all try to be as present and observant as possible, shall we? For by acknowledging these wounds, we allow them to air, and start to heal.

Sensitization of Communities on Disability Inclusion



Story - Rozina Nderi
Photo - Jim Stephen

The Department of Gender, Youth, Sports, and Social Services, in collaboration with the National Council for Persons with Disabilities (NCPWD), held a successful community sensitization event on disability inclusion in Mukurwe-ini at the NG-CDF hall. The event focused on creating awareness, promoting

inclusivity, and addressing the needs of persons with disabilities within the local community. A key highlight of the day was the distribution of sanitary towels and adult incontinence products to caregivers and persons with disabilities, demonstrating a commitment to preserving dignity and enhancing the quality of life for beneficiaries. The outreach was both symbolic and practical in meet-

ing the daily needs of vulnerable individuals. The Sub-County Social Welfare Officer (SWO), Mary Nyathama, graced the event and reiterated the County Government's continued support for persons with disabilities. She highlighted various initiatives such as the provision of assistive devices, support for income-generating activities, and ongoing mapping exercises to ensure equitable access to county pro-

grams. She also emphasized the county's goal of mainstreaming disability issues in all departmental operations and promoting inclusive infrastructure development. The event drew with the participation of key stakeholders, including representatives from NG-CDF Mukurwe-ini, Golden Voices Against GBV, Anglican Overseas Aid, and Central Supermarket Mukurwe-ini, who each played an instrumental role in the success of

the day. Their contributions, ranging from logistical support to awareness creation and resource mobilization, showcased a strong partnership between the government and non-state actors. The event served as a powerful reminder that inclusive communities are built through collaboration, consistent engagement, and focused action on the rights and welfare of all citizens.

Promising Conclusion to Nyeri County Tarrifs Review

Story - Linet Wangari
Photo - Peter Wangari

The week-long Workshop on Model Tariffs and Pricing, Policy, and the Draft Finance Bill 2025 was recently brought to a close by Nyeri Deputy Governor H.E David Kinaniri operating on behalf of Nyeri Governor, H.E. Mwalimu Muthahi Kahiga. Together with Commissioners from the Commission on Revenue Allocation (CRA), in collaboration with representatives drawn from all County Departments, the team successfully concluded a comprehen-



sive review of existing tariffs and engaged in extensive deliberations to formulate robust and well-informed policies. Sheila Yieke, Director of Le-

gal Affairs Services, chaired the finalization of the drafting of the Tariff Modeling and Pricing Policy. The newly developed policies have been finalized

and will serve as the official framework moving forward. This joint effort marks the end of a consultative and inclusive process aimed at en-

hancing the County's fiscal sustainability and optimizing its own-source revenue potential.

Kieni Women Empowerment



Story - Thomas Osarao
Photo - Peter Wangari

Nyeri Deputy Governor H.E David Kinaniri visited the Nganoini Mukuri Women Group in Gakawa Ward, Kieni East sub-county — an inspiring group of 132 women committed to advancing economic empowerment through table

banking and welfare initiatives. He was truly moved by their dedication, unity, and drive for progress. In recognition of their efforts, in collaboration with H.E. Governor Dr. Muthi Kahiga, a contribution was made to support their upcoming project: the construction of a meeting hall that will provide a vital

space for their activities and future growth. The Deputy Governor assured the members of unwavering support as the County Government of Nyeri remains committed to uplifting women's grassroots initiatives that foster lasting change, reiterating that empowering women was the key to building stronger, more resilient

communities. He encouraged the group to remain steadfast, focused and united as they continue to shape a brighter future. “The resources are at your disposal—exploit them to the fullest. It’s better to read one book and understand it than to read ten and not grasp a word.” The gathering was also de-

lighted to be joined by a former student of Kagumo Secondary School who benefited from the program, scored an ‘A’ in KCSE, and is now headed to Kisii University to pursue Medicine. The ceremony was held at the Governor’s Office grounds.



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Investing in Education: Investing in Nyeri's Future



Story - Imelda Kinogu &
Photo - Kenneth Ngatia

By supporting bright, deserving students through bursaries, the County Government of Nyeri is not only lifting the best weight of financial burden from families, but also opening doors of opportunity that

will shape the leaders, innovators, and change makers of tomorrow. Every child, regardless of their background, deserves a fair chance to learn, grow, and thrive. Nyeri County reaffirms that commitment. While representing the Governor, H.E. Dr. Mwalimu Mutahi Kahiga, PhD., EGH, together with the Department of Educa-

tion, Training, and Devolution—via their CECM, Margaret Macharia, assisted by the Chief Officer for Education and Devolution, Dr. Lucy Ndumba—Deputy Governor H.E David Kinaniri presided over the issuing of scholarship cheques to the scholarship students. The Governor's Scholarship Programme is supporting

178 students with full scholarships for Form 2, 3, and 4 students from the eighth sub-counties in Nyeri County, alongside 34 students sponsored by Nyeri People in the Diaspora. While addressing those present, he reiterated the importance of students gaining self-awareness regarding the kind of learners they are, particularly in

terms of comprehension. “Do they understand while being actively taught? After one session of practice? Or only after multiple revisions?” This understanding helps students adopt study plans best suited to their learning styles, enabling them to tap into their full potential, avoid burnout, eliminate poor grades, and persevere rather than give up when faced with academic challenges,” he added. He further encouraged them by saying that, even though some may have performed poorly, there was still time to rise from the ashes. With targeted effort toward their weak areas, they could bounce back to their former glory, especially since they had already proven their academic merit by qualifying for the scholarship program. “The resources are at your disposal—exploit them to the fullest. It’s better to read one book and understand it than to read ten and not grasp a word.” The gathering was also delighted to be joined by a former student of Kagumo Secondary School who benefited from the program, scored an ‘A’ in KCSE, and is now headed to Kisii University to pursue Medicine. The ceremony was held at the Governor’s Office grounds.



COUNTY GOVERNMENT OF NYERI
DEPARTMENT OF MEDICAL SERVICES & PUBLIC HEALTH



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CoG, Ministry of Health Joint Consultations



Story & Photo- Kenneth Ngatia

In his capacity as Council of Governors (CoG) Vice Chair, Nyeri Governor H.E Dr. Mwalimu Mutahi Kahiga chaired a consultative meeting with the Ministry of Health led by Health CS Hon. Aden Duale, and other stakeholders to deliberate on key emerging issues in the health sector. Among the issues discussed include: Signing of the Inter-governmental Participation Agreement on Digitization, Implementation of Building

Resilient and Responsive Health Systems Project, Implementation of AT-Scale Project 3, Microwave Waste Management, New Capitation Model and Revised Means Testing tool under SHA, Post Graduate Training of Health Professionals and alignment on frequent invitations of County officers to Meetings some of which are conflicting. In a joint communiqué, signed by Health CS and the COG, they unanimously agreed that both the Ministry of Health and the counties strengthen their engagement in preparation

for the rollout of the Building Resilient and Responsive Health Systems framework (BREHS) at the sub-national level. This is with the view of enhancing the country's capacity to prevent, detect and respond to health emergencies at county level. The Counties will expedite the release of nominated personnel for training. The Technical teams from both the Council of Governors and the Ministry of Health to finalize the inspection report to facilitate the approval and operationalization of the national distribution plan. The assistive devices

should be dispatched from the warehouses within two weeks. Furthermore, the Ministry of Health, Council of Governors and the National Treasury to urgently convene a stakeholder meeting to deliberate on the Medical Waste Microwave Project and fast-track timely completion of the project. On postgraduate training and registrar fees, the distribution of training opportunities shall be done while upholding equity across the Counties and putting into consideration the County-specific needs.

The Ministry of Health and the Council of Governors will agree on the postgraduate courses to be considered for scholarships by the Ministry, distribution of numbers per county and the approval criteria in order to streamline the process. Lastly, the Ministry of Health will give standardized guidelines on the implementation of SHA for the payment of indigents by the end of April 2025 to enable the devolved units to factor in their annual work plans and budgets for the upcoming financial year.

Parliamentary Health Committee Comes A-calling

**Story - Imelda Kinogu
Photo -Peter Wangari**

On behalf of the Nyeri Governor, H.E. Dr. Mwalimu Mutahi Kahiga, PhD., EGH, H.E Deputy Governor David Kinaniri hosted Members of the Parliamentary Health Committee who paid him a courtesy call at his office. The delegation was led by Hon. Patrick Munene, the Vice Chairperson of the committee and MP for Chuka Igambang'ombe. They were en-route to Mwai Kibaki Level 6 Hospital in Othaya to assess the hospital's operations,



how it is being managed, and the progress it has made since being gazetted.

They also intended to meet with the Board overseeing the hospital.

The committee members were arranged into two teams—one proceeded to

assess the Jaramogi Oginga Odinga Teaching and Referral Hospital, which was also gazetted as a Level 6 Hospital. The team expressed that although the hospital falls under the National Government, they hoped that the ongoing collaboration with the County Government of Nyeri would continue, ensuring the hospital keeps serving the people of the County, the Region, and the Nation at large.

CoG Committees Engage with the Ministry of Blue Economy



The CoG Education, Gender, and Blue Economy Committees, led by Vice Chair H.E. Mwalimu Mutahi Kahiga, PhD., EGH, held a high-level consultative meeting to set strategic priorities, address emerging issues and forge a collaborative way forward. Also present during the meeting was

CS Hon. Ali Hassan Joho. Acknowledging the enormous and vast untapped potential of the Blue Economy to contribute significantly to Kenya's GDP, create employment, and enhance food and nutrition security, the meeting resolved to withdraw the Fisheries Management and Development Bill to allow

for broader stakeholder engagement and alignment with the Constitution; the formation of a Multi-Agency Technical Committee to review the Bill and propose sectoral reforms. In the education sector, the Committees resolved to strengthen intergovernmental collaboration through a

proposed Intergovernmental Partnerships Agreement with the Ministry of Education, and to review the implications of the recent High Court ruling on county-issued bursaries and scholarships. They also committed to engaging relevant Cabinet Secretaries on issues of un-

bundled and transferred functions, such as pre-primary education and sports, while advocating for the reinstatement of the Kshs. 2 billion grant to Vocational Training Centres (VTCs).

Nyeri County PCN Strategy Development

Story & Photo - Catherine Muthoni

The Department of Medical Services and Public Health, in alignment with the Ministry of Health's Universal Health Coverage (UHC) agenda, is committed to strengthening Primary Health Care (PHC) through the implementation of Primary Care Networks (PCNs). These networks are designed to enhance access to essential health services at the community level and ensure that no one is left behind. In recent months, the department has intensified efforts to sensitize key stakeholders on the PCN approach while reaching out to communities through



targeted health outreaches (inreaches), ensuring that critical services are delivered closer to the people. In collaboration with Amref Health Africa under Project THRIVE, the department is in the final stages of developing a comprehensive PCN Strategy Document.

This document will serve as a roadmap for the effective rollout and sustainability of PCNs in the county. To refine the strategy, a dedicated team composed of members from the County Health Management Team (CHMT) and Sub-County Medical Officers of Health

(SCMOHs) recently held a two-day workshop to finalize the document. This meeting followed an earlier external review that provided key insights and recommendations for improvement. Nyeri County, having made significant strides in the implementation of PCNs, is

proud to be among the first counties in Kenya to develop a formal PCN Strategy. This milestone reflects our continued commitment to delivering quality, people-centered health care across all communities.

Community InReach at Muruguru Dispensary



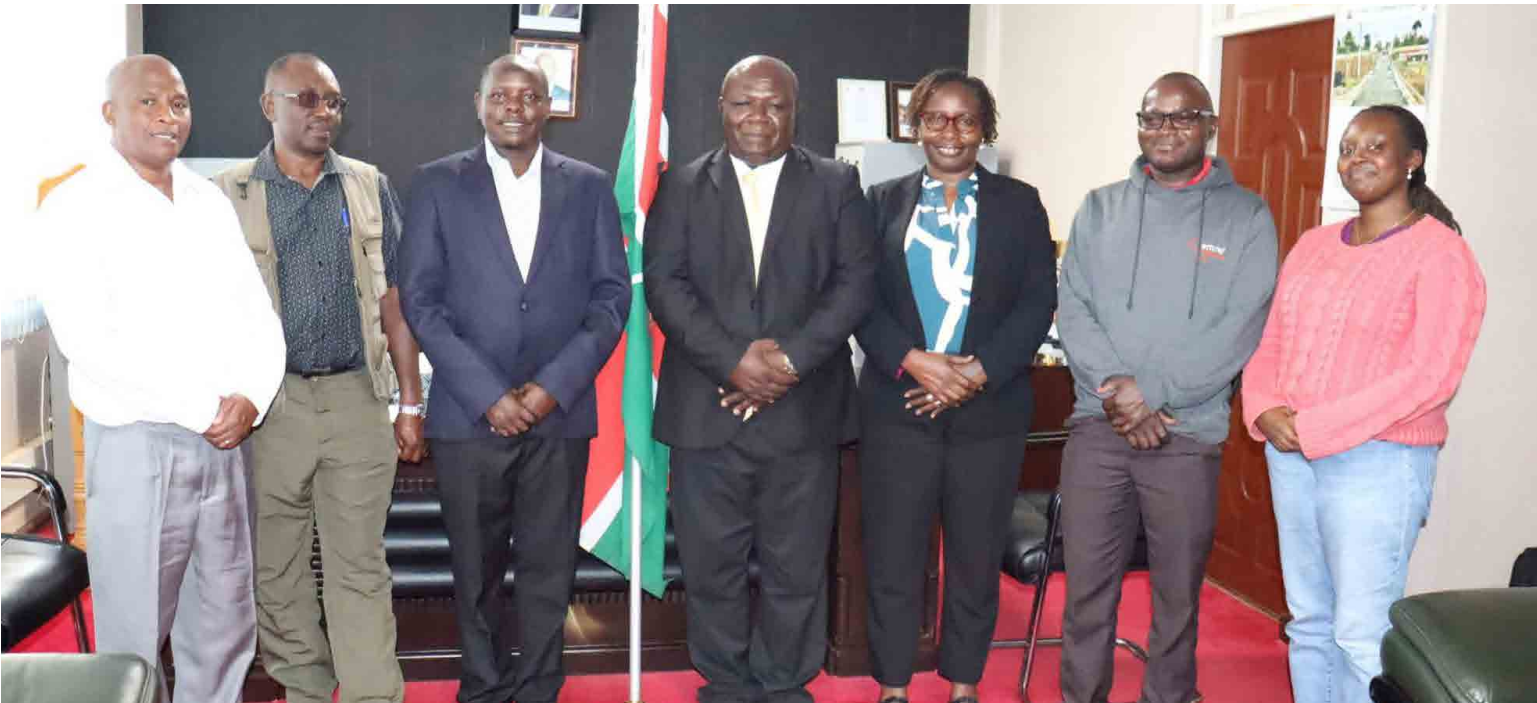
Story & Photo - Catherine Muthoni

The Muruguru community came together for a big dose of healthy living. Thanks to the seamless partnership between the County Government of Nyeri and Amref Health Africa - Project THRIVE, residents accessed a full menu of FREE services—right on their doorstep:

- Breast & cervical cancer screening
- Diabetes & hypertension checks
- Eye and dental exams
- Dermatology consultations
- HIV testing
- SHA (Social Health Authority) registration

When county teams and community partners join forces, early detection goes up, costs go down, and families thrive. The Department will keep delivering vital care where people live and work because good health shouldn't depend on distance or cost.

Courtesy Call by Amref Health Africa to CECM Health Dr. J.M Kiragu



Story & Photo - Catherine Muthoni

The CECM for Health, Dr.

J.M. Kiragu, held a courtesy meeting with representatives from Amref Health Africa to deliberate on the

upcoming visit by the Amref Health Africa Global Senior Leadership Team to Nyeri County.

This high-level visit, scheduled for May 15, 2025, aims to strengthen the ongoing partnership between Nyeri

County and Amref Health Africa in advancing quality healthcare for all. Discussions focused on mutual learning opportunities and field experiences that will take place during the visit, including interactions with communities at Gitero Dispensary, Nyeri Central Sub-County, and Kamoko Health Centre in Nyeri South Sub-County. Nyeri County remains committed to enhancing healthcare delivery in collaboration with key stakeholders. We look forward to hosting the Amref delegation and continuing to work together to drive lasting health improvements for our residents.

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Gitunduti, Ndumanu Residents Briefed on their Socio-Economic Survey Reports



Story & Photo -Kenneth Ngatia

Following the successful data collection and preparation of the socio-economic survey reports, GeoSurv Systems Limited (Consultant)

and the County Project Coordinating Team (CPCT) led by Project Physical Planner Joseph Njomo presented the findings to the community members at Gitunduti and Ndumanu informal settlements in Magutu ward, Mathira East sub-county.

This socio-economic survey report presented detailed findings and analysis of the social aspects and economic situation of the residents of both settlements. The report highlighted valuable insights concerning the physical and natural environment, population and demographic characteristics. economic activities, infrastructure, and utility services as well as land and housing.

The teams also used this engagement to carry out a verification exercise of the list of beneficiaries, conduct visioning to guide in preparation of draft proposals and community participatory planning. These activities were meant to involve the stakeholders in the planning process

Witnessing Launch of Drone Tech in Homa Bay County



Story & Photo - Kennedy Karanjis

Nyeri Governor H.E. Mwalimu Mutahi Kahi-

ga, PhD., EGH, joined Gladys Wanga of Homa Bay County in a significant event for the official launch of drone technology for the

rapid distribution of essential medications and blood products to remote health facilities in the county. This innovative initiative

is set to transform healthcare delivery, ensuring that remote healthcare facilities across the county receive critical supplies swiftly and

efficiently. The launch was held at Kitare Health Center in Suba North Homa Bay County.

Strengthening Environmental Conservation through Partnerships



Story - Rozina Nderi
Photo - Jim Stephen

In a move that reaffirmed Nyeri County’s commitment to climate resilience and environmental stewardship, the County Executive Committee Member (CECM) for Water, Environment, and

Climate Change, Fredrick Kinyua, hosted a courtesy call from a delegation representing the Upper Tana Nairobi Water Fund (UTNWF). The meeting, held at the Department of Water and Environment and Climate Change offices, centered on fortifying the long-standing partnership between

the County Government of Nyeri and UTNWF, particularly in promoting conservation in the Upper Tana catchment and scaling up community-led adaptation measures. Over the years, the collaboration between the County Government of Nyeri and UTNWF has yielded tan-

gible results in watershed management, soil erosion control, reforestation, and protection of riparian zones. Notable achievements include widespread adoption of agroforestry practices, construction of terraces and water pans, and the restoration of degraded lands within critical catchment

areas. As environmental degradation and climate change continue to pose challenges for water security and agricultural productivity, both parties emphasized the need to expand and deepen their collaboration.

County Response to Karatina Fire Disaster



Story - Rozina Nderi
Photo - Jim Stephen

The County Government of Nyeri, through the Department of Gender, Youth, Sports and Social Services

responded to a fire disaster at Jambo, Karatina ward. The fire affected 12 households who benefited with mattresses, blankets, food packages, among other items.

Speaking during the day the Chief Officer, Joe Gethi, commended the community members and local leadership for continued solidarity. The County Government remains committed to ensuring the safety and well-being of all its residents and is actively exploring long-term solutions for fire prevention and support for vulnerable groups. The Department urges the

public to remain vigilant and report any fire-related emergencies through our emergency hotlines.



COUNTY GOVERNMENT OF NYERI
DEPARTMENT OF GENDER, YOUTH, SPORTS & SOCIAL SERVICES



IN CASE OF A **FIRE EMERGENCY**



SOS CALL NUMBERS:

NYERI 0612032961
KARATINA 0721367998
KIAWARA 0741428413

**DIRECTOR DISASTER
RISK MANAGEMENT
0790040299**

