

# Health Highlights



## Well Wairarapa

January 2021

### A new year refresh

The year has only just begun, but most New Year resolutions will already have fallen by the wayside. Here's some great tips to make those lifestyle changes you aspire to, actually work.

#### 1. Reflect on your achievements

Start by recognising how good you are! Give yourself credit for what you have accomplished. Knowing what's going well and what you are good at will help you tackle the changes you want to make with confidence.



#### 2. Think carefully about the changes you have in mind

Ask yourself, are they important? Are they achievable? Are they beneficial for me and will they make me proud when I succeed? Pick only a few, so that you can do them justice by having the time to concentrate on each of them properly. Too many, and some will escape you. Prioritise!

#### 3. Write it down

Write down the change you seek for yourself. If there are several, write them down separately. Identify the outcome you want for each, and visualise your goal. Now think about the steps you need to take progressively to achieve it. Write them down. This is your road map to change.

#### 4. Celebrate small steps

If you are choosing year-goals, it is likely they are significant and may take some time to achieve. It is important that you recognise the points along the way, to help you stay positive and stay on track. True change can feel disheartening at times if it is a long process, so it is good to remember it is a journey you are on and recognise all the great success points along the way.

#### 5. Say it out loud

Talking to someone you trust about your goals and the steps you are taking to get there can be a good way of keeping yourself on track. They can support you, and you may even inspire them to make some positive changes too.

#### 6. Have a treat planned

Achieving your goals is reward enough, but getting there takes strength and commitment. Having a treat planned for when you succeed will help motivate you along the way. Good luck!

### Make summer unstoppable!

#### PHONE FIRST

If you are sick with flu like symptoms, including cough, fever and difficulty breathing, CALL your medical practice or phone Healthline on 0800 611 116 to ask for advice BEFORE you go into the practice or ED, where you could spread your virus to other people.

#### SCAN QR CODES

Scanning QR codes with the NZ COVID Tracer app keeps us one step ahead of the virus — the more we scan the safer we'll be. Scanning QR codes wherever you go because you might not remember all the places you visit. It's important we continue to use the NZ COVID Tracer app to improve our chances of quickly stopping the spread of COVID-19 if any new cases emerge in the community.

Bluetooth tracing was added to the app in December, and you can update the app manually through the App/Play Store if you have automatic updates disabled. Bluetooth tracing allows you to receive an alert if you've been near another app user who tests positive for COVID-19. It's entirely anonymous — if you receive an alert you won't know who sent it or where you were when you came into close contact with the person. Once the app update is installed, remember to enable Bluetooth notifications and make sure to continue scanning the QR codes wherever you see them.

#### GET TESTED TO BE SURE

If you have flu like symptoms, please call your medical practice and request a Covid-19 test. Testing is available at most medical centres and after hours. Phone first to enquire.

#### SHARING IS NOT CARING

Do not go to work or into any public space if you have a cough, fever or difficulty breathing. Call your GP or Healthline on 0800 611 116 immediately and ask for a test for COVID-19. All of us have a role to play in stopping further spread.

#### GENERAL TIPS TO STAY WELL

Wash your hands well and often  
Cough into your elbow  
Wear a mask on public transport

Use tissues to blow your nose  
Use the NZ Covid Tracer app  
Regularly clean high use surfaces



Keep up to date with the vaccination rollout and ensure you, your whānau and friends are ready to protect yourselves by getting vaccinated at the earliest opportunity.



Immunisation with a vaccine is recommended for everyone through their lives. It protects you, your family and your community. It also helps protect future generations by reducing or even completely wiping out diseases.

Health Navigator and the Immunisation Advisory Centre have some great information available:

[healthnavigator.org.nz](http://healthnavigator.org.nz)  
[immune.org.nz](http://immune.org.nz)

### UNWELL OR INJURED?

Where should I be?



**1**  
Medical Centre

- Call your medical centre first
- Ask your local pharmacist for advice

**2**  
After Hours Service

- Call Healthline 0800 611 116 for free medical advice 24/7
- Weekends/public holidays:  
Wairarapa After Hours service 9am-5pm  
Based at Masterton Medical Centre, call 06 370 0011

**3**  
Emergency Care

- Keep ED for emergencies

NEED TO TALK?

**1737**

free call or text any time

#### Finding things tough? Feeling anxious? 1737

How's your health? Your whānau relationships? Your wellbeing? You can talk about that with us. You can talk about anything. We're here. Free call or text 1737 any time, 24 hours a day. You'll get to talk to (or text with) a trained counsellor or talk to a peer support worker. Our service is completely free.

[www.wairarapa.dhb.org.nz](http://www.wairarapa.dhb.org.nz)

E: [communications@wairarapa.dhb.org.nz](mailto:communications@wairarapa.dhb.org.nz)

Call Healthline free on 0800 611 116 for health advice and information 24 hours/day, 7 days/week

