



Wairarapa - Country Clareville Relay For Life
Saturday 20th March – Sunday 21st March 2021

Relay For Life is a great team event. It's a whole lot of fun for all ages and stages but there's a lot more to it. Supporting Relay For Life raises much needed funds for our cancer community and what is raised here, stays here. Please support Cancer Society Wairarapa by donating to a team, joining or registering a team today.

To learn more or to register, contact **Cancer Society Wairarapa**
P: (06) 378 8039 E: waisupport@cancersoc.org.nz

MAKE SUMMER UNSTOPPABLE

PHONE FIRST & GET TESTED TO BE SURE

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. Scan 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 allows you to receive an alert if you've been near another app user who tests positive for COVID-19. It is anonymous. Once the app update is installed, remember to enable Bluetooth notifications and make sure to continue scanning the QR codes wherever you see them.

You can download NZ COVID Tracer and Bluetooth tracing from the Apple App Store or Google Play.

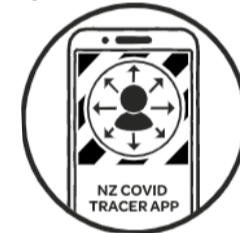
STAY HOME IF YOU ARE SICK

Do not go to work, school 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



Measles ... be wise & immunise

BE A GUARDIAN OF THE FUTURE | PROTECT AGAINST MEASLES
org.nz

Aged 15-30? Get immunised against measles to protect your whānau, community and future generations from harm.
It's free at GPs and participating pharmacies.

Measles spreads faster than almost any other disease. It can make you very sick and can even be fatal. The great news is we can be protected from measles by being vaccinated. We vaccinate against some of the worst of the world's diseases so that we can protect ourselves, and everyone around us. It is a very simple thing that we do, to keep our whānau and our community safe.

Most of us have had the two Measles (MMR) vaccinations, but we know that only 62% of Wairarapa people aged 15-30 are fully vaccinated, and 11% have only had one dose.

It's OK, it's not too late - you can catch up now!

If you are aged 15-30 and haven't had your two measles vaccinations, you can have them now. And it's FREE from your GP or Pharmacy.

Get your vaccination today and help keep our Wairarapa whānau well.

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
immune.org.nz

The Covid-19 vaccination programme is underway and we will keep you informed about when and how you can have yours when we roll out locally later in the year. covid19.govt.nz / health.govt.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

E: communications@wairarapa.dhb.org.nz

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

