

# Health Highlights

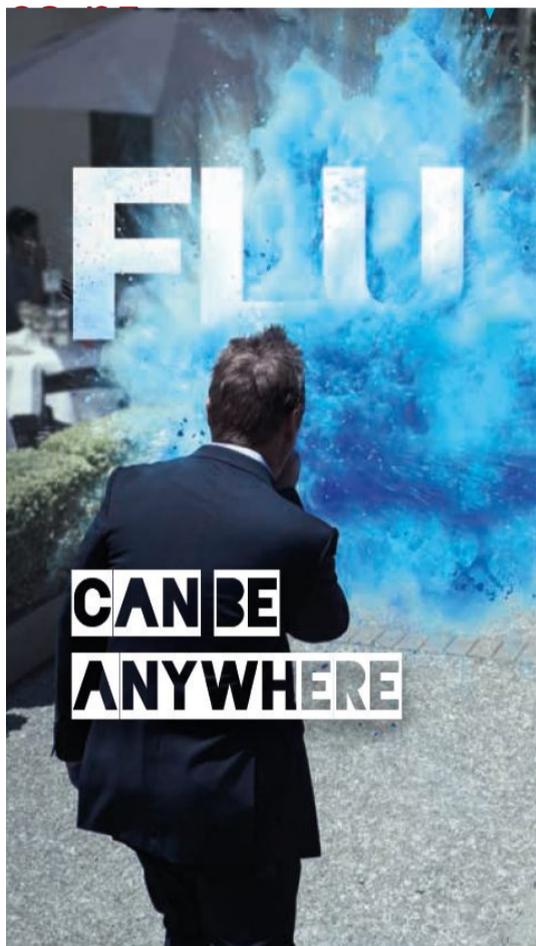


Well Wairarapa - better health for all

April 2017

Find us on [communications@wairarapa.dhb.org.nz](https://www.facebook.com/wairarapa.dhb.org.nz)

## Time to get your flu shot! [www.flightflu.com](http://www.flightflu.com)



One of the best ways to stay well during winter is to have a flu vaccination.

Research shows that you can infect others with the flu virus even when you're not showing symptoms yourself. By being immunised, you can help avoid passing the virus on to others close to you.

Autumn is the best time to get your annual vaccination so that you're protected before flu season strikes.

### Influenza vaccination is FREE for people who are most at risk

Vaccination is free for pregnant women, people aged over 65 and those with certain medical conditions.

Contact your medical centre to book YOUR flu vaccination TODAY. Vaccinations are also available at some pharmacies.

**Get vaccinated NOW to protect yourself before winter truly arrives**



### Stay well this winter

- Get a flu vaccination for you and your family - it's the best way to stay well over the winter months
- Keep your family and your home warm and dry
- Wash and dry your hands thoroughly to fend off nasty germs
- Cover coughs and sneezes and throw tissues away once used
- Get lots of fresh air and exercise, but watch out for slippery pathways
- Warm up well and stretch properly after playing sports

## Patient safety



Wairarapa DHB Chief Executive Adri Isbister explains why your health record is so important

**"Patient safety is our biggest priority"**

Patients receiving healthcare are usually aware that a health record is created, and that it is treated as confidential. Health information is collected in a situation of trust, and the protection of that information is taken very seriously.

Wairarapa District Health Board Chief Executive Adri Isbister explains what we can expect of our health record.

"Patient safety is our biggest priority. In the interests of ensuring we can provide the best patient-specific care, we need to be confident that people's health records are immediately available to health professionals caring for that patient," she explains.

"Important information, like diagnosis, medication history, known allergies, adverse reactions and treatment plans, must be visible to our medical experts when they are treating a patient. Having that critical information at point of contact means we do not have to rely just on patient recall to provide their specific history details.

"Patients can sometimes forget important details that could potentially make a big difference to a treatment plan. Sharing a patient's healthcare record with their key healthcare providers is critical to providing best practice care. It's all about keeping our community safe."

Patients often express frustration with having to repeat information about their health which they expected to be already available to their medical expert.

Your GP and pharmacist are able to access your Wairarapa Hospital medical record, ensuring that consistent, quality care and treatment is provided.

### Winter is on its way are you ready ...?



Be prepared to stay well...

Stock up on your regular medications

Check your inhaler supply

Don't be caught short when you need them the most

### If you are unwell

Stay home and rest to stop your germs from spreading to others, and keep your children home if they are sick. You won't be doing your colleagues and friends or the school community any favours if you go sharing your bugs!