



### Vaccinate Wairarapa

Covid-19 vaccination update



Now in its third week of vaccinating for Covid-19, our rollout plan is on target and ramping up.

Not being a border DHB and having no Managed Isolation and Quarantine facilities, we didn't vaccinate any Group 1 people locally. Our first Covid-19 Vaccination Centre (CVC) opened its doors on 7th April at Wairarapa Hospital, vaccinating Group 2, which is mostly frontline healthcare workers.



**"New Zealand is in a good place, and the magic ingredient to keep us there is this vaccine. It is great we have started vaccinating here in Wairarapa."**

Matt Hitchiner  
Extended Care Paramedic  
Wellington Free Ambulance

Primary Care is supporting the programme, with Masterton Medical providing vaccinations for our primary care partners.

Wairarapa DHB Chief Executive, Dale Oliff says Wairarapa can expect to see community based clinics, both permanent centres and 'pop-up' opportunities, provided throughout the region.

"It is important that people have all the information they need, and are able to access their vaccinations easily. As we get closer to opening up vaccinations to the wider community, we will be making sure everyone knows how, when and where they can be vaccinated. We are meeting and working with lots of people right across our region to ensure we engage well with all of our communities."

Group 2 is expected to be completed by the end of May. After that, Wairarapa DHB will start offering vaccinations to Group 3, older persons and those with pre-existing medical conditions. Group 4, which is everyone else over the age of 16 years, will be invited to schedule their vaccination appointments from July.

Need to know more? Go to Unite Against Covid-19 - [www.covid19.govt.nz](http://www.covid19.govt.nz)  
Questions? Concerns? Email [communications@wairarapa.dhb.org.nz](mailto:communications@wairarapa.dhb.org.nz).

### LIVE STRONGER FOR LONGER

PREVENT FALLS & FRACTURES

Every year one in three people over 65 will fall. For people aged 80 and over, the risk increases to one in two. Not every fall results in an injury, but those that do can cause broken bones, which can be painful and take a long time to heal.

A fall can be devastating for older people. It can make them fearful of falling again, which stops them doing the things they used to do. This can lead to social isolation and even depression.

People are often unaware of the link between a broken bone and osteoporosis. Osteoporosis is the gradual loss of bone strength and density. Over time bones become fragile and weak which causes other bones to break more easily. The good news is it's never too late to build up those bones and keep them strong and healthy. Fall prevention is the key.

The Live Stronger for Longer website [www.livestronger.org.nz](http://www.livestronger.org.nz) offers lots of practical information and advice on how to live an active, independent life and encourages people over 65 to exercise.

People that have good leg and 'core' strength also have good balance. Building your strength improves your balance and helps prevent falls. Exercise can:

- keep your bones strong and give you more energy
- help you sleep better and make you feel good
- help control blood pressure, blood sugar levels, and weight



Image supplied by Live Stronger for Longer

### UNWELL OR INJURED?

Where should I be?



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



- 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



- 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

