

Respect
Whakamana tangata

Integrity
Mana tu

Self determination
Rangatiratanga

Co-operation
Whakawhanaungatanga

Excellence
Taumatatanga

Health Highlights



Well Wairarapa - better health for all

May 2017

Find us on

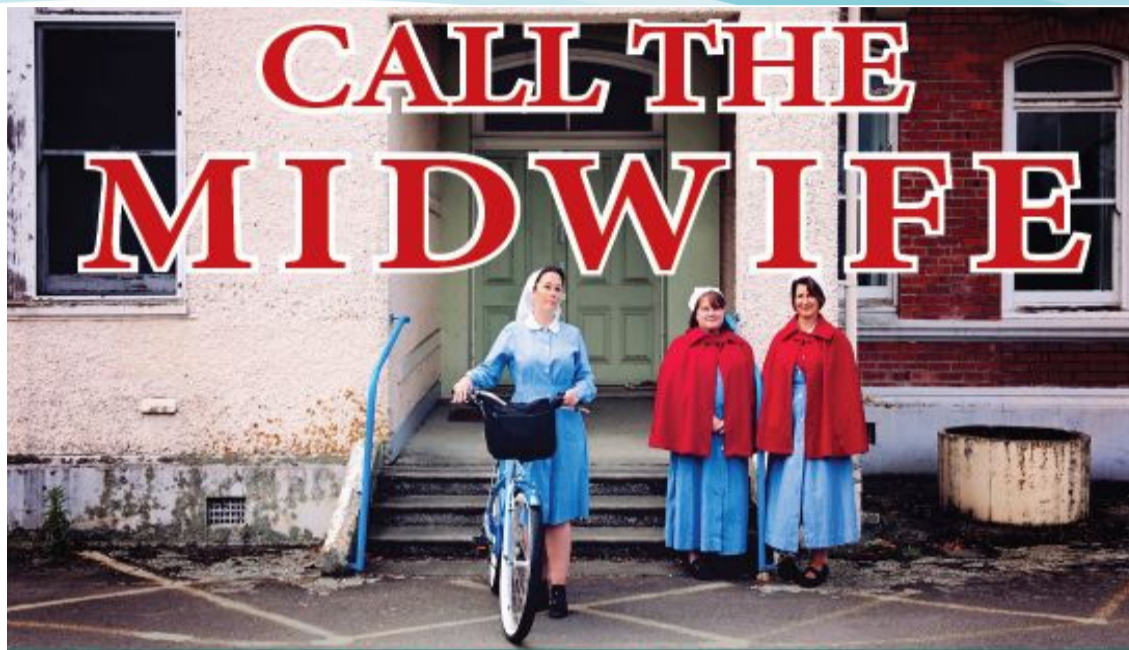
International Nurses Day
Friday 12 May

We appreciate you!

Wairarapa DHB wishes to thank all the wonderful nurses across the district and in the hospital for the excellent work they do. It never goes unnoticed.

Thank you!

Save one life, you're a **hero**
Save a hundred lives, you're a **Nurse**



CALL YOUR MIDWIFE IF YOU:

- Feel your baby's movements have changed
- Notice spotting or light bleeding
- Have any flu like symptoms
- Are leaking vaginal fluids
- Have persistent headaches, blurred vision, flashing lights
- Feel any contractions or cramping
- Are constantly vomiting
- Have sharp or severe abdominal pain that continues
- Notice your hands and feet are itching



If you notice these symptoms

CALL, don't text

www.findyourmidwife.co.nz

www.wairarapamaternity.org.nz



Wairarapa DHB

Wairarapa District Health Board

Te Pōari Hauora ā-rohe o Wairarapa

Maternity care is free in New Zealand and midwives can either work as private lead maternity carers (LMCs) or be employed by District Health Board (DHB)s. Wairarapa DHB currently has 19 midwives who provide secondary/complex obstetric care, and 10 LMCs in the community support mothers pre and post natally in the community and through routine birthing at home or in the hospital. LMC *Laura Ashwell* is pictured with her husband, *Carey* and their son, *Tom*



"I think it is a huge privilege to be trusted to share a family's birthing journey. I don't take that for granted. It's a journey of many months and much emotion, starting from the first confirmation of pregnancy and continuing through until the baby is around six weeks old."

Laura Ashwell, Lead Maternity Carer

Stay healthy and happy this winter

- Get a flu vaccination - it's one of the best ways to stay well. Vaccinations are free for people aged over 65, for people with certain medical conditions and for pregnant women
- Keep warm, keep your house warm
- Be active - get lots of fresh air and appropriate exercise
- Eat well and drink lots of fresh water
- Warm up, stretch and cool down properly when playing sports
- Always cover a cough or a sneeze and throw tissues away into a lidded bin once they are used
- If you are unwell, stay home and rest. Avoid sharing your bugs and see your doctor early so you don't get worse
- Make sure you have a week's worth of your regular medication and check your inhalers

Who to call if you are unwell

Your family doctor - they know you and the care you need

Healthline 0800 611 116 for free medical advice 24 hours a day

Wairarapa After Hours 9am-5pm weekends phone 06 370 0011

www.healthnavigator.org.nz for online health A-Z information

If you have a long-term health condition that affects your sleep, how you feel or the way you live, a Self Management Course may be just the thing you need. Call Compass Health today to ask about the FREE 7 week Self Management Course, developed by Stanford University. Ph: 06 261 8300 Email: smcourse@compasshealth.org.nz

Healthy hands are your first critical defence in staying healthy.



Good handwashing is a key ingredient to staying well, especially over winter when bugs are blooming. Washing your hands thoroughly to keep the germs away requires 20 seconds of washing under clean running water, using soap until it makes bubbles (liquid soap is best) and rubbing both sides of your hands and in between fingers and thumbs. Drying your hands after washing is equally important. Always wash before preparing food, and after sneezing, coughing or blowing your nose; gardening; touching animals; going to the bathroom and after caring for anyone who is sick.