

Respect
Whakamana tangata

Integrity
Mana tu

Self determination
Rangatiratanga

Co-operation
Whakawhanaungatanga

Excellence
Taumatatanga

Health Highlights



Well Wairarapa - better health for all

May 2018

Find us on  communications@wairarapa.dhb.org.nz

Flu vaccinations are now available – protect your whānau from flu this winter... it's not too late!



Flu vaccinations are now available at medical centres and some pharmacies in the Wairarapa.

This year could be particularly bad for flu. A flu vaccination is one of the best ways to stay well during winter and avoid the spread of flu in the wider community. This year's vaccine provides protection against the strain that caused the worst of the illness overseas.

Flu vaccinations are free for pregnant women, for those aged over 65 and for people with certain medical conditions, including children aged under five with respiratory conditions. People can contact their local medical centre to check if they're eligible for a free vaccination, and to book an appointment. Flu vaccinations are also available at a number of Wairarapa pharmacies.

4 out of 5 people who get the flu virus each year don't have any symptoms

You could be spreading the flu virus even if you feel completely well. Protect yourself and those around you by having a flu vaccination. Call your local medical centre or pharmacy today.

Family, whānau and friends of patients are an important part of their recovery and are welcome to visit them in hospital.

It is important to respect all patients' need for rest. Please do not visit if you are sick as you may spread the infection. Hand sanitiser is provided for visitors to use before entering patient areas. Children are welcome to visit and must be actively supervised.



Visiting hours: 2.00pm - 8.00pm

Visitor-free rest periods

Outside of visiting hours, we have rest periods for patients. We recommend visiting our hospital cafe if you're waiting for hospital visiting hours to begin.

Special arrangements

Special arrangements can be made with the nurse in charge to visit at other times when patients are children, or are seriously or terminally ill. Please ask a staff member. Morning visits are usually not appropriate, as many treatments and doctors' rounds take place, and privacy is particularly important at these times. Please check with staff for details.

Visitor Accommodation

Low cost accommodation is available at Taku Wahi on the hospital campus for patients' families who live outside Wairarapa. Phone (06) 946 9800.

Food and drink

Ask a nurse before bringing food or drink into the ward. There may be reasons why the patient can't have them.



Wairarapa Hospital is strictly smokefree

Please respect our patients, visitors & staff by not smoking on the hospital grounds.




<http://www.learnnzsl.nz>

Like other cultures the Deaf culture has a community, an identity and a language - NZSL.

Research from this DHB found Deaf people have limited access to information, communication and service.

We didn't think that was fair, and we wanted to improve access for the deaf community to our health services

Resources for the Deaf

Wairarapa DHB is pleased to launch its New Zealand Sign Language (NZSL) and deaf resources webpage. This page has information that's useful to know when going to hospital, and includes captioned videos.

NZSL Interpreters can be made available for your appointment. The hospital can book them for you if given advance notice.

Check it out online

www.wairarapa.dhb.org.nz/Your Health/Disability/Resources for the Deaf

For more information about disability services available at Wairarapa DHB contact:

Heather Atkinson
Disability Responsiveness Advisor

Heather.Atkinson@wairarapa.dhb.org.nz
or phone: **0800 DISABILITY**
(0800 3472245489)