

Wellness
Whakaoranga

Equity
Eke taumata

Respect
Manaakitanga

Innovation
Ngā rautaki ki mua

Relationships
Arotahitanga

Health Highlights



Well Wairarapa

November 2020

Show your support for
White Ribbon Day
25 November 2020

WIN A MORNING TEA SHOUT

Visit the Masterton
Town Square and
take a photo of yourself
with the White Ribbon
**Friends - Family -
Groups - Businesses**

Email your photo to
hayley@changewairarapa.org.nz
before Friday 25th November
and go into the draw to
WIN!

Winners will be announced
25th November.



WHITE RIBBON.ORG.NZ
CHALLENGE THE #OUTDATED

25th November is White Ribbon Day, when people across the world wear a white ribbon to show that they do not condone violence towards women and children. White Ribbon Day celebrates the many men willing to show leadership and commitment to promoting safe, healthy relationships and encourages men to challenge each other on attitudes and behaviour that are abusive. Wairarapa DHB thanks Changeability, Mitre 10 Mega, Henley Mens Shed, the Police Family Safety Team and our Violence Intervention Programme team for their support of this campaign. Keep an eye out for the White Ribbons in a window, a paddock or a fence near you!

If you or someone you care about is a victim of family violence please contact the Police for support

Alert Level 1 takes everyone

PHONE FIRST

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.

AFTER HOURS

Wairarapa After Hours is based at Masterton Medical, 4 Colombo Rd, Masterton ph 06 370 0011. Wairarapa After Hours Service is open weekends from 9am - 5pm.

GET TESTED TO BE SURE

If you have flu like symptoms, please call your medical practice and request a Covid-19 test. Testing is available at most medical centres. In the weekend, Covid-19 testing is available by appointment at Wairarapa After Hours between 10:30am and 12:30pm at the portacom. PHONE FIRST on 06 370 0011

SHARING IS NOT CARING

Do not go to work or 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. Do not kiss, hug, hongi or shake hands with anyone while you are sick. Do not share a bed, food, cutlery or cups.

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



Keep a safe distance from people you don't know when you are out and about

With Christmas just around the corner many of us are looking forward to holidays and happy days. But the festive season is not all sparkles and light for everyone, and for many people it is a challenging time.



Make a plan to reduce stress, avoid conflict, and keep things simple this season

- Help children to be more realistic
- Take some time out - get outdoors
- Have fun - plan time together
- Homemade gifts - cheaper and more fun
- Write lists so you don't overspend
- Manage other people's expectations

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
- Weekends/public holidays:
Wairarapa After Hours service 9am-5pm
Based at Masterton Medical Centre, call 06 370 00

3
Emergency

- Keep ED for emergencies

NEED TO TALK?

1737

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



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any time