

Respect
Whakamana tangata

Integrity
Mana tu

Self determination
Rangatiratanga

Co-operation
Whakawhanaungatanga

Excellence
Taumatatanga

Health Highlights



Well Wairarapa - better health for all
December 2017

Find us on

'Tis the season to be jolly



For many of us, Christmas means time to spend with family and friends. It is a time to relax, enjoy and be merry. Unfortunately, sometimes the merry bit is taken a step too far.



Being a responsible host is not hard, and it means the people we care about can stay safe and well during the summer festivities. If you are drinking and serving alcohol, here are some easy ways to make it safer for everyone:

- Be aware of what teenagers and younger family members have access to. Parties can be a time to experiment for our kids, especially in summer.
- Always offer food if people are drinking alcohol. Make sure water and non-alcoholic drinks are provided.
- Don't let your guests drive after they have been drinking. Suggest they stay over, or make transport arrangements early in the evening.
- Avoid starting to drink too early in the day.
- Avoid swimming if you have been drinking alcohol and make sure young children are always well supervised.

Food safety

In the summertime, there are some key things to remember: Keep the chilly bin chilly, cover food to store it and don't eat food that has been left in warm temperatures for too long. On the BBQ, be sure to cook meat through properly.

Be sunsmart

Slip, slop, slap and wrap. Cover up when the day is at its hottest, and reapply sunscreen often, especially after swimming. Drink lots of water when you are out in the sun, and make sure the children do too!

Stay safe & injury free

Use tongs on the barbeque to avoid burns
Check the gas bottles for leaks
Wear the right footwear for outdoor activity



We know Wairarapa Hospital is not your first choice of vacation destination so please, be summer safe and healthy over the holidays

How well do you know your neighbour?

Are your friends OK?

Worried about anyone in your family?

Talking to someone you think is struggling is all it might take to give them hope, and really change their life.

Christmas is a festive time, a time for family and friends, love and laughter. But sadly, not everyone enjoys it. People who are lonely, are not connected to the community, or who are troubled, sad or depressed can find the Christmas period very difficult.

This Christmas time, why not take a look around you and notice the people you come into contact with. If you are concerned for their wellbeing, why not check in to ask if they're OK.

www.mhaid.health.nz



1
Family Doctor

2
After Hours Service

3
Emergency Care

UNWELL OR INJURED OVER THE HOLIDAYS? Where should I be?

Wairarapa After Hours will be open 9am-5pm on the following days:

- Boxing Day
- New Year's Day
- Tuesday 2 January

The After Hours service is based at Masterton Medical - phone 06 370 0011.

Call your local medical centre or pharmacy for their opening hours over the holiday break.

Christmas Day: After Hours on call service - phone 06 370 0011

Remember to keep ED for emergencies.

