

# Health Highlights



## Well Wairarapa

December 2020

### Merry Christmas Wairarapa!



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

**We all want the people we care about to stay safe and well this summer. 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.
- 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. Use tongs to avoid burns, and check the gas bottles for leaks!
- 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're in the sun, and make sure the children do too.

### Make summer unstoppable!

#### 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.

#### SCAN QR CODES

Scanning QR codes with the NZ COVID Tracer app keeps us one step ahead of the virus — the more we scan the safer we'll be. Scanning QR codes wherever you go is especially important when on holiday because you might not remember all the places you visit. Keep your phone handy to make scanning in quick and easy, especially when public places are crowded over Christmas and New Year.

#### 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 and after hours. Phone first to enquire.

#### SHARING IS NOT CARING

Do not go to work 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.

#### 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



### This holiday season, please remember to keep our emergency department free for emergencies

All Wairarapa Medical Practices are open as usual, and the Wairarapa Afterhours Service, located at Masterton Medical, is available on weekends and public holidays, phone 06 370 0011.

On Christmas Day, Wairarapa After Hours will operate an On Call Urgent Service.

From 26th to 28th December, and 1st to 4th January, After Hours will be open 9am – 5pm for urgent care only.

The Youth Kinex clinic and the Te Rangimarie Health Clinic will be closed Thursday 24th December, reopening Tuesday 5 January.



**Stay safe and have a very merry Christmas, Wairarapa!**

### 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

