

Your four page guide to

Staying well this winter.

Protect, prevent & manage at home

The opening of Aotearoa's borders has seen more viruses reappear in our community with new strains of COVID-19, increasing the risk of people becoming severely ill.

There's also the risk that of catching COVID-19 and flu (or another illness) at the same time!

We would like to remind people of the importance of protecting yourselves and your whanau against COVID-19, influenza and other winter illnesses.

ENJOY
THIS WINTER



www.northlanddhb.org.nz

Te Hiringa Trust & Business Promotions have partnered with Northland DHB (www.northlanddhb.org.nz) and the Hauora Kotahitanga / Northland Wellbeing website (www.northlandwellbeing.org.nz) in our advocacy and support of the Mana Wāhine 2022 well-being Kaupapa.



www.northlandwellbeing.org.nz

KIA PAI I TĒNEI TAKURUA

Protect

Colds, COVID-19 and flu spread very easily but there are things you can do to protect yourself and your whānau.



Stay at home if you are unwell

If you have symptoms of COVID-19 take a COVID-19 test and report your result at <https://mycovidrecord.health.nz/> or call 0800 222 478 and choose option 3.

If your symptoms worsen, or you are concerned about the health of yourself or someone you're caring for, call Healthline on 0800 611 116 or your doctor/healthcare provider. Calls to Healthline are

free and the service operates 24/7 with interpreters available. Seek advice early and please keep ED for emergencies only.



Wear a face mask

It is a requirement to wear a face mask on public transport, in indoor settings like retail stores and supermarkets, poorly ventilated spaces or when it is hard to physically distance from other people.



Sneeze or cough into your elbow or a tissue.

Avoid touching your face, dispose of tissues in a waste bin immediately and wash or sanitise your hands.



Get your Winter Wellness Kit together

Your kit may contain: painkillers, a thermometer, tissues, enough food and household items for a few days, and a good stock of the regular medicines you or your whānau will need. Honey, decongestants and throat lozenges can be helpful to have on hand.



Maintain good hand hygiene

Washing and drying your hands thoroughly or using alcohol-based hand sanitiser is one of the best things you can do to stop the spread of viruses. It is especially important before eating or touching your face.



Develop a winter plan for your whānau

Think about who will look after tamariki if you become unwell. Familiarise yourself with what is expected of you by your employer if you become sick yourself.



Eat well and stay active

Healthy eating and physical activity play an important part in our overall health and wellbeing, including our bodies' ability to fight off illness. Getting a good night's sleep also helps.



Make sure you and your whānau are up-to-date with your vaccinations

COVID-19 vaccinations are free for everyone and the flu vaccination is free for people who are most likely to get very sick, children aged 3-12 and some others. Find full eligibility information at influenza.org.nz. Winter is also a good time to check that children are up-to-date with all their routine free vaccinations especially measles, mumps and rubella (MMR).

People who are vaccinated are less likely to become seriously unwell or need hospitalisation which ensures health services are available for those who really need urgent care.

ENJOY THIS WINTER



Prevent

Help stop the spread of illnesses:

- Stay home for 24 hours after symptoms have resolved.
- Cough or sneeze into your elbow or a tissue and show your children how to do this. Throw tissues away immediately.
- Wash hands regularly with soap and warm water and make sure children do too, especially before you eat or touch your face.
- Wear a mask on public transport, retail stores, supermarkets and in tight spaces where it's hard to physically distance.

Prevent winter illnesses:

- Eat well and be active.
- Get a good night's sleep.
- Get out and about and enjoy the winter sun.
- Avoid sitting still for long periods.
- Don't over do it- your body's working hard just to stay warm.

Balanced meals help you stay healthy:

- Eat fruit and vegetables everyday.
- Choose foods low in salt with little or no added sugar.
- Fresh food is better for you than processed food.
- Choose unsaturated fats over saturated fats.
- A hot lunch can keep you warm for the afternoon.
- Hot drinks can warm you up from the inside.

Keep warm, keep well

Dressing warm helps keep you well - layers are good as weather often improves through the day. Wear a hat and scarf, water resistant footwear and coat.

Healthy homes

Warm and dry homes help prevent us getting sick-make sure you've got heating, insulation and ventilation.

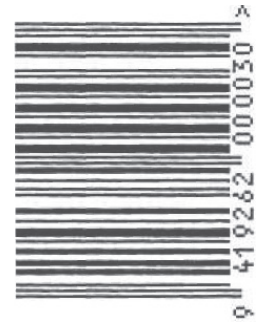
- Close your curtains as the sun sets to keep the heat in.
- Stop cold draughts coming in around windows and doors.
- Open windows for 20 mins a day to let fresh air in and damp air out - especially kitchens and bathrooms during and after cooking, showers and baths.
- Dry washing outdoors instead of inside.
- Wipe condensation off windows to reduce dampness in your home.
- Check for mould around window frames and corners of the rooms - remove with white vinegar (wear gloves and a mask).

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Manage

Symptoms of flu, COVID-19 and other viruses can vary widely. Some people have mild symptoms while others, such as older people and people with high blood pressure, asthma, diabetes or obesity, may feel very unwell or notice their symptoms start to get worse.

Most people will be able to manage illness at home by resting and taking care of themselves including:

- Staying hydrated by drinking plenty of water.
- Taking paracetamol/ibuprofen as directed to reduce aches, pain and fever. People who have certain medical conditions, or who are taking certain medications should not take ibuprofen.
- If unsure, please consult your health provider to check whether ibuprofen is safe for you.
- Taking honey or lozenges for a sore throat or decongestants for a blocked nose.
- Continuing to take your regular medications.
- Monitoring your symptoms so you notice any changes. Keep a record of your temperature, how you are feeling, your heart rate, breathing rate and any new symptoms you develop.
- Avoid strenuous exercise or high impact activities until you have recovered.
- Try to reduce contact with other people in your household as much as possible and disinfect surfaces to help others avoid the illness.

Stay home until you are well to stop the spread of viruses in the community

Managing your child's illness at home

- Managing your child's illness is similar to managing your own. If your child has any the symptoms below, please get in touch with your GP or call Healthline on 0800 611 116. In an emergency, always call 111.
- Drinking less than 50 percent of normal fluids over the past 24 hours or significantly reduced urine output/wet nappies.
- Behaviour changes, including irritability or lethargy (decreased responsiveness).
- Difficulty breathing, working harder to breathe by sucking in, under, or in between ribs, or breathing rapidly.
- Fever that lasts more than five days.

Seek help early

If you feel your symptoms are getting worse call ahead to stop the spread.

- Call your GP for a phone consultation or your local pharmacy.
- Call Healthline 0800 611 116 to speak to a registered nurse. This is a free service open 24 hours a day, 7 days a week.

If someone shows any of the following signs call 111:

- Is struggling to breathe, is too breathless to speak a sentence, or is unable to walk more than five steps due to breathlessness.
- Is unconscious or unresponsive, has severe dizziness, fainting or is confused.
- Has collapsed.
- Has abnormal skin colour, is blue, or a purple spotty rash, or they are cold or clammy.
- Has chest pain, or severe or unexplained pain not helped by paracetamol or ibuprofen.
- Is coughing up blood.
- Has stopped passing urine.