

Don't let measles ruin your holiday

Don't let your family spend the July school holidays with the measles - check you're all fully immunised now.

Everyone born from 1 January 1969 needs to have had two doses of a measles vaccine (usually the measles, mumps and rubella, MMR vaccine) to be fully immunised.

If you are unsure check with your family doctor or check your child's Well Child or Plunket book.

Symptoms of measles can include fever, runny nose, and sore watery red eyes that can last for several days before a red blotchy rash appears. People are infectious from five days before the rash appears to five days after.

If you suspect that you or your child might have measles, call your family doctor or Healthline on 0800 611 116 for free advice 24 hours a day, seven days per week.

Online health information to trust

Trustworthy, reliable and accurate healthcare information is now available at the touch of a button following the launch of a new webpage targeted at patients and the public in the greater Wellington region.

The new page is hosted on the Health Navigator website – an online 'one-stop shop' for free health information. You can find the site at healthnavigator.org.nz.

"The internet has all the information anyone could ever want, and it's now second nature for people to use the web to research their symptoms and illnesses," said Sandra Williams, District Health Board Service Integration & Development Unit (SIDU) Acting Director.

"But so much of what's online is inaccurate. This can lead people to incorrect self-diagnoses and bad decisions – such as delaying a visit to their GP."

To counter this, the region's three DHBs – Capital & Coast, Hutt Valley and Wairarapa – looked at how best to deliver information and resources online.

"Our communities now have quick, easy and free access to the information they want and need



– as well as healthcare events happening in their area. They can get the information without having to scroll through page after page of possibly incorrect health advice."

At the launch of Health Navigator website at Hutt Hospital from left: Kuini Puketapu, Director Maori Health, HVDHB, Bridget Allan, Chief Executive, Te Awakairangi Health Network, Sandra Williams, Acting Director SIDU, Andreea Dumitru Service Development Manager 3DHB, Antoinette Ehmke, Health Pathways Coordinator, Rachel Prebble and Stephanie Fridd, SIDU 3DHB.

Camp Purple is coming to Wellington



Nicole Thornton and Emma Mansfield from Hutt Valley try their hands at archery at Camp Purple.

A camp that's making a difference in the lives of kids with Crohn's Disease and ulcerative colitis (collectively

known as Inflammatory Bowel Disease or IBD) is coming to Wellington.

Camp Purple Live is held

each year for children and teenagers aged nine to 16 with IBD. This year it was in Christchurch and attended by 48 children from all over New Zealand, including the Hutt Valley.

Next year it's the Wellington region's turn, with the camp to be held on the Kāpiti Coast from 13-17 January 2017.

Dr Richard Stein, a gastroenterologist from Hutt Valley District Health Board, is one of Camp Purple's volunteer organisers, who spend the year planning, procuring medical supplies, fundraising, and then running the camps.

"It's difficult to explain the incredible difference the camps make in the lives of these young people," he says.

"Almost all the children have experienced debilitating pain and are on chronic medications. Many have spent a lot of time in

hospital with repeat surgeries, and most have had long absences from school.

"At the camp they get to meet kids their own age, usually for the first time, who share an understanding of the challenges they all face."

The camps help children build up confidence skills in a safe and supportive environment geared to children with IBD, and also helps them to make lifelong friends and develop support networks with their peers.

If you want to help fund the next Camp Purple on the Kapiti Coast, go to: givealittle.co.nz/org/camppurple.

Read more news at huttvalleydhb.org.nz



Virginia Hope | John Terris | David Ogden | Sandra Greig | Ken Laban | Wayne Guppy | Katy Austin | Yvette Grace | David Bassett | Peter Douglas