

Whooping cough

There has been a lot of whooping cough in our region recently, with 19 cases in September, 40 in October and 63 this month.

Whooping cough begins with a runny nose and an irritating cough. This develops into fits of coughing which may end in vomiting or a whooping sound. It can be very serious in babies under 12 months.

A vaccine, available free for children up to the age of 16, offers the best protection against whooping cough. If your child hasn't had their vaccination please contact your doctor.

Volunteers needed

The Cancer Society needs more volunteers to assist Hutt Valley people to attend cancer treatment at Wellington Hospital. Both travel coordinators and drivers are needed.

In the last year, the Cancer Society volunteers from Lower Hutt, Upper Hutt and Wainuiomata drove patients to 1,672 appointments, travelling 104,172kms. (Drivers are reimbursed 45c/km)

For more information, please contact Anne Hodson, Volunteer Manager, on 389 0050 or email annh@cancersoc.org.nz



Board meetings

Community & Public Health Advisory Committee
9.00am Monday 21 November 2011
Hutt Valley DHB Boardroom

Disability Support Advisory Committee
1.00pm Monday 21 November 2011
Capital & Coast DHB Boardroom

Hospital Advisory Committee
3.00pm Friday 25 November 2011
Hutt Valley DHB Boardroom

Board Meeting
1.00pm Friday 2 December 2011
Capital & Coast DHB Boardroom



Prepared for an emergency

The Emergency Department and Wellington Free Ambulance staff 'decontaminated' eight Naenae College students last week as part of a chemical incident response exercise.

Wellington Free Ambulance 'decontaminated' four students at the 'incident scene' and brought them to the hospital for observation.

Another four students presented at the Emergency Department and were decontaminated onsite using a special high pressure inflatable shower.

Being prepared is the one of the most important things when responding to an emergency. At Hutt Valley DHB we regularly carry out 'live' exercises to ensure each team member knows their role and to test the equipment.

Water fluoridation to stay, a big thumbs up!

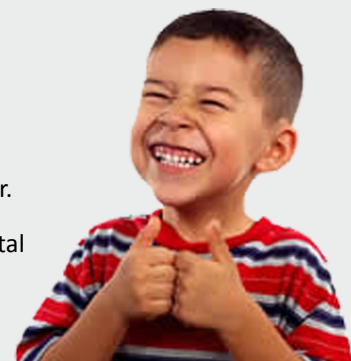
Hutt Valley DHB is pleased that the drinking water in Hutt City will continue to be fluoridated to the levels recommended by the Ministry of Health. This means the natural level of fluoride in the water supply is adjusted to between 0.7 ppm and 1.0 ppm, the optimal amount that provides protection against tooth decay.

Fluoride works in three ways to help protect teeth by:

- Making them more resistant to decay by strengthening the tooth surface
- Interfering with the growth of the bacteria which cause cavities
- Helping to repair the early stages of tooth decay.

More than half of New Zealanders benefit from living in areas with fluoridated water.

Water fluoridation is a safe, effective and affordable way to prevent and reduce dental decay for everyone in the Hutt Valley, including those most vulnerable including the elderly and people with disabilities.



Clip on operating theatres moved

Contractors have removed and relocated our temporary clip on theatres to the hospital car park by High Street.

To manoeuvre past signage and other obstacles, the truck's hydraulic system lifted the units 3m into the air.

The clip on theatres were removed as part of the hospital redevelopment. Some new carparks and a covered link to the emergency department drop off will be completed under the area the clip on theatres occupied.

Several organisations have expressed interest in purchasing the clip on theatres and they will remain in the carpark until sold.



Is your family protected from measles?

There are currently cases of measles in our community. To be protected you need to have had two MMR (measles, mumps and rubella) vaccinations. The vaccine is free and offers the best protection against this serious and infectious disease. If you are not sure about your immunity status, please contact your doctor.

Check your family's immunity status as well. If your child is not immune and there is a case at the early childhood centre or school they attend, they may be required to stay at home for 14 days.

Healthy People



Virginia Hope



Wayne Guppy



Katy Austin



David Bassett



Debbie Chin



Peter Douglas



Peter Glensor



Keith Hindle



Ken Laban



David Ogden



Iris Pahau



John Terris

Healthy Families

Healthy Communities



566 6999



www.huttvalleydhb.org.nz