



## TOP FIVE WAYS YOU CAN KEEP WELL THIS WINTER



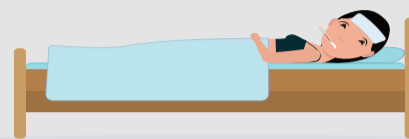
1. Stop the spread of germs and sickness by washing and drying hands regularly. You can also use a hand gel.
2. Get the 'Flu' vaccine to help keep you well. Some children and adults can get the vaccine for free so call the team at your GP clinic or your pharmacist to find out.
3. Stay home when you are sick to prevent spreading illness to others.
4. Keep warm - insulation, heating and ventilation keep your home warm and dry. Contact the Well Homes team who may be able to help on: 0800 675 675
5. Keep homes and cars smoke-free and if you smoke, we are here to help you quit. Call Quitline on 0800 778 778.

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www.facebook.com/HuttValleyDHB

## Sick?



Don't know what to do next?

Call Healthline to talk to a registered nurse. It's free and you can call night and day.

**0800 611 116**

Visit Health Navigator for trusted online advice on health issues.

[www.healthnavigator.org.nz](http://www.healthnavigator.org.nz)

## WHERE SHOULD YOU BE? HOME, DR, ED?



With winter in full swing, the Emergency Department at Hutt Hospital is currently extremely busy. ED Clinical Nurse Manager Mike Johnson says the season is a real challenge for the department, with more patients and longer wait times putting everyone under pressure. "We're asking people to take care of themselves and not leave their health issues to the last minute - we're seeing many people in ED with serious health conditions that could've been nipped in the bud early on. Give the team at your doctor's clinic a call or call the health experts at Healthline for early advice."

"We also see a lot of people in ED with

minor health issues that could be better managed at home or by their GP.

**"We're here for people who need urgent or emergency care. All we ask is that people stop and think and get some advice before they come to us - keep ED free for those who really need our care."**

"If you're unsure, give Healthline a call and they can give you free, expert advice over the phone about where and when you should be seen by someone," he says.

### Hutt Valley DHB Public board meetings

Health Valley District Health Board meetings are open to the public.

Visit our website for more information on dates and location.

[www.huttvalleydhb.org.nz](http://www.huttvalleydhb.org.nz)

Coughs and colds are common in children and are usually short-lived. Most coughs and colds do not require treatment and get better by themselves in time. Colds can last up to a week while coughs can last up to 3-4 weeks.

#### What to do

- Make sure your child drinks small amounts of water regularly.
- Check your child is going to the toilet to urinate (wee) at least every 6 hours.
- Get your child to have plenty of rest.
- Avoid exposure to cigarette smoke, which can make coughs worse.
- You can give your child pain relief (e.g. paracetamol) if they have a sore throat, earache or headache.

#### When to get help

Call your family doctor if:

- your child is feverish, miserable and not wanting to drink
- your child is still unwell after more than 3 days
- a cough lasts more than 3 weeks.

#### Get urgent help and advice if:

- they are sleepy, floppy or limp
- they are breathing very fast or have trouble breathing
- they are too tired or breathless to drink
- they have not urinated for 6 hours
- you are overly concerned about them.

