



*Caring for Our Community*



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**Surgery hours Monday - Friday 8.00 - 5.00pm**

**Phone 211 0999.**

**After Hours GP Services**

**Phone 211 0999**

**Visit Our Website: <https://waihopaihealth.co.nz/>**

# October



## **New Enrolments - Are Currently on Hold.**

Please be advised Waihopai Health Services enrolments are currently on hold, we will advise as soon as we are enrolling again.

## **Anxiety Helpline:**

Free National 0800 Anxiety Helpline 0800 269 4389.  
Supporting many of the 1 in 4 New Zealanders living with anxiety and stress. Free 24/7 Nationwide support service.

## **Hand Hygiene Focus:**

An infection spread by unclean hands can have a devastating impact on a patient and their family/whānau.

Keeping your hands clean is one of the best ways to keep from getting sick and spreading illnesses.

Cleaning your hands gets rid of germs you pick up from other people, from the surfaces you touch and from the animals you come in contact with.

## **Phone Consultations Available:**

There may be times when a remote consultation is appropriate. This may be by telephone, or email/text. This type of consultation would only be initiated with your consent and understanding.

There is likely to be a charge for these consultations based on the time it takes to complete the consultation plus any time that is required to complete the notes, prescriptions and other tasks required for your management.





## **Important Information Regarding Routine Vaccinations:**

With effect from 1 October 2020 the National Immunisation Schedule has changed – this effects all children and adults aged 45 and 65 years of age.

Please discuss any queries with a nurse, and for further information please go to online to the following link:

<https://www.immune.org.nz/new-zealand-national-immunisation-schedule>

## **Measles, Mumps, Rubella (MMR) catch up Programme:**

We recently had a measles outbreak In New Zealand, more than 2,000 people got measles in 2019. 700 had to go to hospital. Māori and Pacific peoples were particularly affected. We need 95 percent of people to be immune to reach ‘community immunity’ (sometimes known as ‘herd immunity’) and help stop future outbreaks (MoH, 2020).

### **Children under 4 years age:**

With effect from 1 October, the MMR schedule has been changed to enable children to have received their two doses of MMR by the age of 15 months – this allows for improved protection against measles, mumps and rubella from an earlier age. Parents of children who have only received their first dose at 15 months will be contacted by WHS to bring their children in for their second dose. Children aged between 15 months and 2 years are being contacted initially, followed by 2-3 years of age,

and then 3 – 4 years. However, please do not wait to be contacted – you are welcome to ring the practice and book an appointment for your child.

**People aged between 15 – 30 years:**

People in this age group generally will require a second dose of MMR and are the next priority group for the Government's catch up programme. If you cannot find evidence of receiving a second dose of MMR, please contact the practice to receive your second dose, free of charge.

Finally, anyone born after 1 January 1969, who has not received a second dose of MMR, is eligible for a free vaccine. People born before 1 January, 1969 are generally considered to be immune to measles, mumps and rubella and therefore not eligible for a funded vaccine.

For further information, please go to:

<https://www.health.govt.nz/your-health/healthy-living/immunisation/protect-against-measles>

<https://www.health.govt.nz/your-health/healthy-living/immunisation/are-your-immunisations-date>

Please do not hesitate to ring the practice and ask to speak to one of the nurses for any advice regarding your vaccination status.

**Cervical Screening:**

All women between 25 and 69 who have ever been sexually active should have regular smear tests. Find out how regular smear testing can prevent cervical cancer, and get more information on cervical cancer and how it develops.

Don't forget to book your appointment with the nurse if you need a smear.

For further information about the National Cervical Screening Programme please refer to:

<https://www.timetoscreen.nz/cervical-screening/>