



*Amohia ake te ora o te iwi, ka puta ki te wheiao.
To protect the wellbeing of our people is paramount.*

Kiingi Tuheitia Pootatau Te Wherowhero te tuawhitu

KIAPAINGĀ HARAREI – HAPPY HOLIDAYS!

Plan for a fun and healthy Waikato summer

A MESSAGE FROM WAIKATO DHB

Kia ora e te whānau,

We are all looking forward to a great summer with our whānau, after a year when we have had to work hard together as a community to meet challenges.

As Kiwis get out and about over the holidays we expect to see increased numbers at our local summer destinations. It's important that while we're enjoying the break, we also take steps to protect ourselves, our whānau, and those communities we are visiting. The best thing you can do is to get your COVID-19 vaccination and ensure you follow the guidance in line with the local traffic light settings.

Health providers across the region are preparing to support additional numbers, just as they do every summer. At the same time, visitors should be aware that they are coming to smaller communities so need to take

care and be prepared while on holiday.

It is important to have a plan in case you or your whānau need to isolate following a positive COVID-19 test or you're notified of a close contact with a case.

This means having enough food and any health supplies readily available where you are staying, or a plan for how you will return directly home to isolate. If you are unable to return home safely, you will be supported to isolate in accordance with the COVID-19 Care in the Community programme.

We wish you and your whānau a safe and happy Christmas and wonderful New Year.

Dr Kevin Snee – Chief Executive



Waikato District Health Board

CHECK SETTINGS BEFORE YOU GO
For what to do under each traffic light setting visit covid19.govt.nz/traffic-lights



STAY SAFE THIS SUMMER



Get vaccinated

Vaccination is the best protection against COVID-19, so we encourage you to be fully vaccinated before you go on holiday.

Walk-ins are available at many sites throughout Waikato, with vaccinations provided at DHB sites, from GPs and pharmacies. To find a walk-in today or book go to BookMyVaccine.nz or call **0800 28 29 26**.

Keep up healthy habits to help protect you, your whānau, and your community.



Stay home if you are unwell.



Wear a mask or face covering.



Sneeze and cough into your elbow.



Regularly wash and thoroughly dry your hands or use hand sanitiser.



Keep your distance from people you do not know.



Clean or disinfect shared surfaces often.



Get a test

If you have cold, flu or COVID-19 symptoms you should get a test.

If you or anyone in your home is sick, do not host gatherings or invite people over. Do not place pressure on people to attend events if they are sick. Encourage friends and whānau who are unwell to get tested for COVID-19. Continue to check the locations of interest at www.health.govt.nz/locationsofinterest and follow the instructions on what to do. Contact **COVID-19 Healthline on 0800 358 5453** for advice and to arrange to get tested or visit www.healthpoint.co.nz/covid-19 for details of the nearest testing service.

f For local Waikato updates visit www.facebook.com/WaikatoDHB

REMEMBER
when you're out



Mask



Scan



Pass

More information



covid19.govt.nz | www.waikatodhb.health.nz/covid19 | www.health.govt.nz/covid-19

HOT SUMMER TIPS



BE SUN SMART

SLIP-SLOP-SLAP-WRAP: Don't forget to cover up, slop on plenty of SPF 30+ sunscreen (even if it is shady), slap on a hat and wrap on some sunglasses.

- Drink lots of water – keep hydrated

WATER SAFETY

- Don't leave children alone near water, not even for a minute
- Use life jackets when doing water sports or on a boat
- Obey all the safety signs and warnings



BE FOOD SAFE

- Clean surfaces, utensils and hands with soap and water
- Wash all produce under running water before eating, cutting or cooking
- Keep raw seafood, meat and chicken away from fresh produce
- Don't leave food at room temperature for longer than one hour

HEALTHCARE IN THE WAIKATO DURING SUMMER



Local medical centres will be providing some health services during the holidays for non-urgent health care, however some may be closed or have limited hours.

Check www.healthpoint.co.nz for local details. We recommend visitors check in with their GP at home to see what telehealth services they may be able to provide.

Unwell? Unsure? GP clinic closed?

Call **Healthline 0800 611 116** and talk to a health professional – free 24 hour advice. They will tell you the best place to go.

Visit a pharmacy

Visit a pharmacy if you want advice on a broad range of minor medical issues or health concerns.

A pharmacist is a qualified health professional who can give advice.

Need to talk? 1737

Free call or text 1737 any time to talk with a trained counsellor. It's completely free and available 24 hours a day, 7 days a week.

Healthcare options in Thames

Te Korowai Hauora o Hauraki have a summer clinic for non-urgent health care at Thames Hospital that will be open Monday to Friday 8am to 4.30pm.

Thames Medical Centre will continue to provide a general practice clinic at the Thames Hospital Emergency Department on Saturdays 9am to 3pm. Charges may apply for clinic services.

Dial 111 for emergencies

For emergencies and urgent medical attention dial 111 or go to your nearest hospital Emergency Department.



BE PREPARED

Make sure you have everything you need

- **Know you're healthy before you go.**
If you are unwell, stay at home
- **If you or someone travelling with you tests positive for COVID-19.**

Have a plan for how you will return home and make sure you have everything you need for you and your whānau for 20 days. The local area you are visiting may have limited services.

You and everyone you are staying with should not leave the place where you are isolating for any reason, unless advised to do so by the health team, or in an emergency when you have called 111.

Supply checklist



General hygiene and safety

- ☐ Face masks/covering
- ☐ Hand sanitiser
- ☐ Disposable gloves
- ☐ Cleaning products
- ☐ Ziplock bags to store food
- ☐ Tissues
- ☐ Toilet rolls
- ☐ Extra supplies of prescriptions in case of a longer stay
- ☐ Non-prescription medications (e.g. pain relief, fever reducers)
- ☐ Toiletries
- ☐ Sunscreen
- ☐ First Aid kit
- ☐ Ice packs
- ☐ Rubbish bags
- ☐ Batteries

Food and drinks

- ☐ Canned food
- ☐ Rice, pasta, lentils
- ☐ Flour
- ☐ Butter, cheese
- ☐ Long Life milk
- ☐ Eggs
- ☐ Meat to put in freezer
- ☐ Sauces and seasonings
- ☐ Tea or coffee
- ☐ Instant noodles
- ☐ Fruit and vegetables that will last
- ☐ Non-perishable snacks
- ☐ Clean drinking water

For baby

- ☐ Baby food and snacks
- ☐ Baby formula
- ☐ Milk bottles
- ☐ Nappies
- ☐ Ointments, medicines
- ☐ Baby wipes

For pets

- ☐ Pet food

Stock up
on any
prescriptions
before you
travel!

