TWO social summer content

1. [Safe gatherings/events](https://auc-word-edit.officeapps.live.com/we/wordeditorframe.aspx?ui=en%2DUS&rs=en%2DUS&wopisrc=https%3A%2F%2Fmohgovtnz.sharepoint.com%2Fsites%2FEXT-HealthNZTransitionCommunicationsWorkingGroup-NationalOfficeSocialMediaTeam%2F_vti_bin%2Fwopi.ashx%2Ffiles%2F5261fe54ab1c429993a891910b224123&wdpid=2e77d886&wdenableroaming=1&mscc=1&hid=5492F4A0-00BA-2000-B9ED-D5D3904CD790&wdorigin=BrowserReload&jsapi=1&jsapiver=v1&newsession=1&corrid=be65f6d7-d768-43ce-aac6-102ed4c2595f&usid=be65f6d7-d768-43ce-aac6-102ed4c2595f&sftc=1&cac=1&mtf=1&sfp=1&instantedit=1&wopicomplete=1&wdredirectionreason=Unified_SingleFlush&rct=Normal&ctp=LeastProtected#_Gastro)
2. [Stay home if sick/visiting high-risk whānau – Harry video](https://auc-word-edit.officeapps.live.com/we/wordeditorframe.aspx?ui=en%2DUS&rs=en%2DUS&wopisrc=https%3A%2F%2Fmohgovtnz.sharepoint.com%2Fsites%2FEXT-HealthNZTransitionCommunicationsWorkingGroup-NationalOfficeSocialMediaTeam%2F_vti_bin%2Fwopi.ashx%2Ffiles%2F5261fe54ab1c429993a891910b224123&wdpid=2e77d886&wdenableroaming=1&mscc=1&hid=5492F4A0-00BA-2000-B9ED-D5D3904CD790&wdorigin=BrowserReload&jsapi=1&jsapiver=v1&newsession=1&corrid=be65f6d7-d768-43ce-aac6-102ed4c2595f&usid=be65f6d7-d768-43ce-aac6-102ed4c2595f&sftc=1&cac=1&mtf=1&sfp=1&instantedit=1&wopicomplete=1&wdredirectionreason=Unified_SingleFlush&rct=Normal&ctp=LeastProtected#_Stay_home_if_1)
3. [Summer essentials – Harry video](https://auc-word-edit.officeapps.live.com/we/wordeditorframe.aspx?ui=en%2DUS&rs=en%2DUS&wopisrc=https%3A%2F%2Fmohgovtnz.sharepoint.com%2Fsites%2FEXT-HealthNZTransitionCommunicationsWorkingGroup-NationalOfficeSocialMediaTeam%2F_vti_bin%2Fwopi.ashx%2Ffiles%2F5261fe54ab1c429993a891910b224123&wdpid=2e77d886&wdenableroaming=1&mscc=1&hid=5492F4A0-00BA-2000-B9ED-D5D3904CD790&wdorigin=BrowserReload&jsapi=1&jsapiver=v1&newsession=1&corrid=be65f6d7-d768-43ce-aac6-102ed4c2595f&usid=be65f6d7-d768-43ce-aac6-102ed4c2595f&sftc=1&cac=1&mtf=1&sfp=1&instantedit=1&wopicomplete=1&wdredirectionreason=Unified_SingleFlush&rct=Normal&ctp=LeastProtected#_Summer_essentials_%E2%80%93_1)
4. [RCRT – especially while travelling](https://auc-word-edit.officeapps.live.com/we/wordeditorframe.aspx?ui=en%2DUS&rs=en%2DUS&wopisrc=https%3A%2F%2Fmohgovtnz.sharepoint.com%2Fsites%2FEXT-HealthNZTransitionCommunicationsWorkingGroup-NationalOfficeSocialMediaTeam%2F_vti_bin%2Fwopi.ashx%2Ffiles%2F5261fe54ab1c429993a891910b224123&wdpid=2e77d886&wdenableroaming=1&mscc=1&hid=5492F4A0-00BA-2000-B9ED-D5D3904CD790&wdorigin=BrowserReload&jsapi=1&jsapiver=v1&newsession=1&corrid=be65f6d7-d768-43ce-aac6-102ed4c2595f&usid=be65f6d7-d768-43ce-aac6-102ed4c2595f&sftc=1&cac=1&mtf=1&sfp=1&instantedit=1&wopicomplete=1&wdredirectionreason=Unified_SingleFlush&rct=Normal&ctp=LeastProtected#_RCRT_%E2%80%93_especially_1)
5. [Prescriptions before going on holiday – Harry video](https://auc-word-edit.officeapps.live.com/we/wordeditorframe.aspx?ui=en%2DUS&rs=en%2DUS&wopisrc=https%3A%2F%2Fmohgovtnz.sharepoint.com%2Fsites%2FEXT-HealthNZTransitionCommunicationsWorkingGroup-NationalOfficeSocialMediaTeam%2F_vti_bin%2Fwopi.ashx%2Ffiles%2F5261fe54ab1c429993a891910b224123&wdpid=2e77d886&wdenableroaming=1&mscc=1&hid=5492F4A0-00BA-2000-B9ED-D5D3904CD790&wdorigin=BrowserReload&jsapi=1&jsapiver=v1&newsession=1&corrid=be65f6d7-d768-43ce-aac6-102ed4c2595f&usid=be65f6d7-d768-43ce-aac6-102ed4c2595f&sftc=1&cac=1&mtf=1&sfp=1&instantedit=1&wopicomplete=1&wdredirectionreason=Unified_SingleFlush&rct=Normal&ctp=LeastProtected#_Prescriptions_on_holiday)
6. [Mental health over Christmas](https://auc-word-edit.officeapps.live.com/we/wordeditorframe.aspx?ui=en%2DUS&rs=en%2DUS&wopisrc=https%3A%2F%2Fmohgovtnz.sharepoint.com%2Fsites%2FEXT-HealthNZTransitionCommunicationsWorkingGroup-NationalOfficeSocialMediaTeam%2F_vti_bin%2Fwopi.ashx%2Ffiles%2F5261fe54ab1c429993a891910b224123&wdpid=2e77d886&wdenableroaming=1&mscc=1&hid=5492F4A0-00BA-2000-B9ED-D5D3904CD790&wdorigin=BrowserReload&jsapi=1&jsapiver=v1&newsession=1&corrid=be65f6d7-d768-43ce-aac6-102ed4c2595f&usid=be65f6d7-d768-43ce-aac6-102ed4c2595f&sftc=1&cac=1&mtf=1&sfp=1&instantedit=1&wopicomplete=1&wdredirectionreason=Unified_SingleFlush&rct=Normal&ctp=LeastProtected#_Mental_health_over_1)
7. [Measles – how to recognise](https://auc-word-edit.officeapps.live.com/we/wordeditorframe.aspx?ui=en%2DUS&rs=en%2DUS&wopisrc=https%3A%2F%2Fmohgovtnz.sharepoint.com%2Fsites%2FEXT-HealthNZTransitionCommunicationsWorkingGroup-NationalOfficeSocialMediaTeam%2F_vti_bin%2Fwopi.ashx%2Ffiles%2F5261fe54ab1c429993a891910b224123&wdpid=2e77d886&wdenableroaming=1&mscc=1&hid=5492F4A0-00BA-2000-B9ED-D5D3904CD790&wdorigin=BrowserReload&jsapi=1&jsapiver=v1&newsession=1&corrid=be65f6d7-d768-43ce-aac6-102ed4c2595f&usid=be65f6d7-d768-43ce-aac6-102ed4c2595f&sftc=1&cac=1&mtf=1&sfp=1&instantedit=1&wopicomplete=1&wdredirectionreason=Unified_SingleFlush&rct=Normal&ctp=LeastProtected#_Measles_%E2%80%93_how_1) - posted 5/12/23
8. [Measles – get vaccinated](https://auc-word-edit.officeapps.live.com/we/wordeditorframe.aspx?ui=en%2DUS&rs=en%2DUS&wopisrc=https%3A%2F%2Fmohgovtnz.sharepoint.com%2Fsites%2FEXT-HealthNZTransitionCommunicationsWorkingGroup-NationalOfficeSocialMediaTeam%2F_vti_bin%2Fwopi.ashx%2Ffiles%2F5261fe54ab1c429993a891910b224123&wdpid=2e77d886&wdenableroaming=1&mscc=1&hid=5492F4A0-00BA-2000-B9ED-D5D3904CD790&wdorigin=BrowserReload&jsapi=1&jsapiver=v1&newsession=1&corrid=be65f6d7-d768-43ce-aac6-102ed4c2595f&usid=be65f6d7-d768-43ce-aac6-102ed4c2595f&sftc=1&cac=1&mtf=1&sfp=1&instantedit=1&wopicomplete=1&wdredirectionreason=Unified_SingleFlush&rct=Normal&ctp=LeastProtected#_Measles_%E2%80%93_get)
9. [Dehydration – Harry video](https://auc-word-edit.officeapps.live.com/we/wordeditorframe.aspx?ui=en%2DUS&rs=en%2DUS&wopisrc=https%3A%2F%2Fmohgovtnz.sharepoint.com%2Fsites%2FEXT-HealthNZTransitionCommunicationsWorkingGroup-NationalOfficeSocialMediaTeam%2F_vti_bin%2Fwopi.ashx%2Ffiles%2F5261fe54ab1c429993a891910b224123&wdpid=2e77d886&wdenableroaming=1&mscc=1&hid=5492F4A0-00BA-2000-B9ED-D5D3904CD790&wdorigin=BrowserReload&jsapi=1&jsapiver=v1&newsession=1&corrid=be65f6d7-d768-43ce-aac6-102ed4c2595f&usid=be65f6d7-d768-43ce-aac6-102ed4c2595f&sftc=1&cac=1&mtf=1&sfp=1&instantedit=1&wopicomplete=1&wdredirectionreason=Unified_SingleFlush&rct=Normal&ctp=LeastProtected#_Sunstroke/dehydration_%E2%80%93_esp)

1. [Merry Christmas](https://auc-word-edit.officeapps.live.com/we/wordeditorframe.aspx?ui=en%2DUS&rs=en%2DUS&wopisrc=https%3A%2F%2Fmohgovtnz.sharepoint.com%2Fsites%2FEXT-HealthNZTransitionCommunicationsWorkingGroup-NationalOfficeSocialMediaTeam%2F_vti_bin%2Fwopi.ashx%2Ffiles%2F5261fe54ab1c429993a891910b224123&wdpid=2e77d886&wdenableroaming=1&mscc=1&hid=5492F4A0-00BA-2000-B9ED-D5D3904CD790&wdorigin=BrowserReload&jsapi=1&jsapiver=v1&newsession=1&corrid=be65f6d7-d768-43ce-aac6-102ed4c2595f&usid=be65f6d7-d768-43ce-aac6-102ed4c2595f&sftc=1&cac=1&mtf=1&sfp=1&instantedit=1&wopicomplete=1&wdredirectionreason=Unified_SingleFlush&rct=Normal&ctp=LeastProtected#_Merry_Christmas_%E2%80%93)
2. [Happy New Year](https://auc-word-edit.officeapps.live.com/we/wordeditorframe.aspx?ui=en%2DUS&rs=en%2DUS&wopisrc=https%3A%2F%2Fmohgovtnz.sharepoint.com%2Fsites%2FEXT-HealthNZTransitionCommunicationsWorkingGroup-NationalOfficeSocialMediaTeam%2F_vti_bin%2Fwopi.ashx%2Ffiles%2F5261fe54ab1c429993a891910b224123&wdpid=2e77d886&wdenableroaming=1&mscc=1&hid=5492F4A0-00BA-2000-B9ED-D5D3904CD790&wdorigin=BrowserReload&jsapi=1&jsapiver=v1&newsession=1&corrid=be65f6d7-d768-43ce-aac6-102ed4c2595f&usid=be65f6d7-d768-43ce-aac6-102ed4c2595f&sftc=1&cac=1&mtf=1&sfp=1&instantedit=1&wopicomplete=1&wdredirectionreason=Unified_SingleFlush&rct=Normal&ctp=LeastProtected#_Happy_New_Year)
3. [Social media close down](https://auc-word-edit.officeapps.live.com/we/wordeditorframe.aspx?ui=en%2DUS&rs=en%2DUS&wopisrc=https%3A%2F%2Fmohgovtnz.sharepoint.com%2Fsites%2FEXT-HealthNZTransitionCommunicationsWorkingGroup-NationalOfficeSocialMediaTeam%2F_vti_bin%2Fwopi.ashx%2Ffiles%2F5261fe54ab1c429993a891910b224123&wdpid=2e77d886&wdenableroaming=1&mscc=1&hid=5492F4A0-00BA-2000-B9ED-D5D3904CD790&wdorigin=BrowserReload&jsapi=1&jsapiver=v1&newsession=1&corrid=be65f6d7-d768-43ce-aac6-102ed4c2595f&usid=be65f6d7-d768-43ce-aac6-102ed4c2595f&sftc=1&cac=1&mtf=1&sfp=1&instantedit=1&wopicomplete=1&wdredirectionreason=Unified_SingleFlush&rct=Normal&ctp=LeastProtected#_Christmas_social_shut)
4. [Gastro - treating](https://auc-word-edit.officeapps.live.com/we/wordeditorframe.aspx?ui=en%2DUS&rs=en%2DUS&wopisrc=https%3A%2F%2Fmohgovtnz.sharepoint.com%2Fsites%2FEXT-HealthNZTransitionCommunicationsWorkingGroup-NationalOfficeSocialMediaTeam%2F_vti_bin%2Fwopi.ashx%2Ffiles%2F5261fe54ab1c429993a891910b224123&wdpid=2e77d886&wdenableroaming=1&mscc=1&hid=5492F4A0-00BA-2000-B9ED-D5D3904CD790&wdorigin=BrowserReload&jsapi=1&jsapiver=v1&newsession=1&corrid=be65f6d7-d768-43ce-aac6-102ed4c2595f&usid=be65f6d7-d768-43ce-aac6-102ed4c2595f&sftc=1&cac=1&mtf=1&sfp=1&instantedit=1&wopicomplete=1&wdredirectionreason=Unified_SingleFlush&rct=Normal&ctp=LeastProtected#_Gastro)
5. [Prep your house for winter – healthy homes](https://auc-word-edit.officeapps.live.com/we/wordeditorframe.aspx?ui=en%2DUS&rs=en%2DUS&wopisrc=https%3A%2F%2Fmohgovtnz.sharepoint.com%2Fsites%2FEXT-HealthNZTransitionCommunicationsWorkingGroup-NationalOfficeSocialMediaTeam%2F_vti_bin%2Fwopi.ashx%2Ffiles%2F5261fe54ab1c429993a891910b224123&wdpid=2e77d886&wdenableroaming=1&mscc=1&hid=5492F4A0-00BA-2000-B9ED-D5D3904CD790&wdorigin=BrowserReload&jsapi=1&jsapiver=v1&newsession=1&corrid=be65f6d7-d768-43ce-aac6-102ed4c2595f&usid=be65f6d7-d768-43ce-aac6-102ed4c2595f&sftc=1&cac=1&mtf=1&sfp=1&instantedit=1&wopicomplete=1&wdredirectionreason=Unified_SingleFlush&rct=Normal&ctp=LeastProtected#_Prep_your_house)

Summer first aid series

1. [A minor wound](https://auc-word-edit.officeapps.live.com/we/wordeditorframe.aspx?ui=en%2DUS&rs=en%2DUS&wopisrc=https%3A%2F%2Fmohgovtnz.sharepoint.com%2Fsites%2FEXT-HealthNZTransitionCommunicationsWorkingGroup-NationalOfficeSocialMediaTeam%2F_vti_bin%2Fwopi.ashx%2Ffiles%2F5261fe54ab1c429993a891910b224123&wdpid=2e77d886&wdenableroaming=1&mscc=1&hid=5492F4A0-00BA-2000-B9ED-D5D3904CD790&wdorigin=BrowserReload&jsapi=1&jsapiver=v1&newsession=1&corrid=be65f6d7-d768-43ce-aac6-102ed4c2595f&usid=be65f6d7-d768-43ce-aac6-102ed4c2595f&sftc=1&cac=1&mtf=1&sfp=1&instantedit=1&wopicomplete=1&wdredirectionreason=Unified_SingleFlush&rct=Normal&ctp=LeastProtected#_Common_first_aid)
2. [Hayfever](https://auc-word-edit.officeapps.live.com/we/wordeditorframe.aspx?ui=en%2DUS&rs=en%2DUS&wopisrc=https%3A%2F%2Fmohgovtnz.sharepoint.com%2Fsites%2FEXT-HealthNZTransitionCommunicationsWorkingGroup-NationalOfficeSocialMediaTeam%2F_vti_bin%2Fwopi.ashx%2Ffiles%2F5261fe54ab1c429993a891910b224123&wdpid=2e77d886&wdenableroaming=1&mscc=1&hid=5492F4A0-00BA-2000-B9ED-D5D3904CD790&wdorigin=BrowserReload&jsapi=1&jsapiver=v1&newsession=1&corrid=be65f6d7-d768-43ce-aac6-102ed4c2595f&usid=be65f6d7-d768-43ce-aac6-102ed4c2595f&sftc=1&cac=1&mtf=1&sfp=1&instantedit=1&wopicomplete=1&wdredirectionreason=Unified_SingleFlush&rct=Normal&ctp=LeastProtected#_Hayfever)
3. [Avoiding sunburn](https://auc-word-edit.officeapps.live.com/we/wordeditorframe.aspx?ui=en%2DUS&rs=en%2DUS&wopisrc=https%3A%2F%2Fmohgovtnz.sharepoint.com%2Fsites%2FEXT-HealthNZTransitionCommunicationsWorkingGroup-NationalOfficeSocialMediaTeam%2F_vti_bin%2Fwopi.ashx%2Ffiles%2F5261fe54ab1c429993a891910b224123&wdpid=2e77d886&wdenableroaming=1&mscc=1&hid=5492F4A0-00BA-2000-B9ED-D5D3904CD790&wdorigin=BrowserReload&jsapi=1&jsapiver=v1&newsession=1&corrid=be65f6d7-d768-43ce-aac6-102ed4c2595f&usid=be65f6d7-d768-43ce-aac6-102ed4c2595f&sftc=1&cac=1&mtf=1&sfp=1&instantedit=1&wopicomplete=1&wdredirectionreason=Unified_SingleFlush&rct=Normal&ctp=LeastProtected#_Sunburn_%E2%80%93_avoiding)
4. [Treating sunburn](https://auc-word-edit.officeapps.live.com/we/wordeditorframe.aspx?ui=en%2DUS&rs=en%2DUS&wopisrc=https%3A%2F%2Fmohgovtnz.sharepoint.com%2Fsites%2FEXT-HealthNZTransitionCommunicationsWorkingGroup-NationalOfficeSocialMediaTeam%2F_vti_bin%2Fwopi.ashx%2Ffiles%2F5261fe54ab1c429993a891910b224123&wdpid=2e77d886&wdenableroaming=1&mscc=1&hid=5492F4A0-00BA-2000-B9ED-D5D3904CD790&wdorigin=BrowserReload&jsapi=1&jsapiver=v1&newsession=1&corrid=be65f6d7-d768-43ce-aac6-102ed4c2595f&usid=be65f6d7-d768-43ce-aac6-102ed4c2595f&sftc=1&cac=1&mtf=1&sfp=1&instantedit=1&wopicomplete=1&wdredirectionreason=Unified_SingleFlush&rct=Normal&ctp=LeastProtected#_Summer_first_aid)
5. [Stings](https://auc-word-edit.officeapps.live.com/we/wordeditorframe.aspx?ui=en%2DUS&rs=en%2DUS&wopisrc=https%3A%2F%2Fmohgovtnz.sharepoint.com%2Fsites%2FEXT-HealthNZTransitionCommunicationsWorkingGroup-NationalOfficeSocialMediaTeam%2F_vti_bin%2Fwopi.ashx%2Ffiles%2F5261fe54ab1c429993a891910b224123&wdpid=2e77d886&wdenableroaming=1&mscc=1&hid=5492F4A0-00BA-2000-B9ED-D5D3904CD790&wdorigin=BrowserReload&jsapi=1&jsapiver=v1&newsession=1&corrid=be65f6d7-d768-43ce-aac6-102ed4c2595f&usid=be65f6d7-d768-43ce-aac6-102ed4c2595f&sftc=1&cac=1&mtf=1&sfp=1&instantedit=1&wopicomplete=1&wdredirectionreason=Unified_SingleFlush&rct=Normal&ctp=LeastProtected#_Summer_first_aid_1)

## Sample alt text for Go well tiles

Bright blue tile, main text reads: "Stock up on your repeat prescriptions before the holidays". There are cartoon illustrations of a blister pack of medicine, and three individual pills. Text below reads: "Go well". Bottom left is the Te Aka Whai Ora – Māori Health Authority logo. Bottom right is the Te Whatu Ora - Health New Zealand logo.

## 1. Safe gatherings/events

If you’re planning a gathering or event over summer, here’s a checklist to help you keep yourself and others safe from COVID and other illnesses:

✔️ Where will it be held?

If the weather packs in and it’s indoors, will the space be ventilated? A well-ventilated space reduces the risk of catching and spreading illness.

✔️ How’s your health?

- If you’re at risk of severe illness, we encourage you to be cautious. Keep up-to-date with vaccinations, and consider wearing a mask.

- If you have any cold or flu symptoms, take a RAT and stay home until you’re well. If it’s COVID, find out what you should do here: [www.info.health.nz/COVID-19](http://www.info.health.nz/COVID-19)

✔️ Will you and others be masked up?

We strongly encourage wearing a mask in closed, crowded and confined spaces.

✔️ What are the other impacts of you getting sick right now?

Think about who else it may affect if you become unwell, especially those who are at risk of severe illness. Think about any vulnerable whānau you might visit over the holidays. Don’t give them COVID for Christmas.

Find more advice here: XXX

☀️ [#GoWellThisSummer](https://www.facebook.com/hashtag/gowellthissummer?__eep__=6&__tn__=*NK*F) ☀️ Noho ora i tēnei raumati ☀️

Tile: redo this one: <https://www.facebook.com/UniteAgainstCOVID19/posts/pfbid02pBxLu21bcKFHqEX6FfZd6gixTcu1Kv2VhCetUDXXZTLYNFkPXc2ZJdPs6DawNJRDl>

## 2. Stay home if sick/visiting high-risk whānau – Harry video

COVID and other bugs are still in our communities, which can be stressful for those at higher risk of becoming severely ill.

We need to keep up the healthy habits we know to keep our at-risk whānau and community safe these holidays.

The main thing we can do to protect others, is to stay home while we’re sick. Sound simple? It is.

Staying home if you’re sick is essential to stop the spread of viruses and help you to get well sooner.

✅ If you’re visiting someone who is high-risk:

* Ask them what you can do to help keep them safe.
* Take a RAT first, especially if you’re visiting hospitals or aged care facilities.
* Keep up to date with your vaccinations
* We strongly recommend wearing masks in closed, crowded and confined spaces.
* If possible, arrange to meet with friends and whānau outside.
* If you are gathering indoors, ventilate the space to reduce the risk of illness.

☀️ [#GoWellThisSummer](https://www.facebook.com/hashtag/gowellthissummer?__eep__=6&__tn__=*NK*F) ☀️ Noho ora i tēnei raumati ☀️

Video: Harry

## 3. Summer essentials – Harry video

Summer is here! If you're heading away, here's our list of summer essentials to take with you:

* Your usual prescription medicines, as well as items like asthma inhalers and EpiPens. You may need a backup prescription ready.
* Check if you’re eligible for COVID antivirals and if you can get an advance prescription: <https://info.health.nz/conditions-treatments/covid-19/antiviral-medicines/#how-to-get-covid-19-antiviral-medicines>
* First aid kit, find a list of what to pack on Healthify: <https://healthify.nz/hauora-wellbeing/f/first-aid-tips/>
* A water bottle, sunscreen, insect repellent, and hats for everyone in the whānau
* Hand sanitiser, masks, and RATs
* A contingency plan – what will happen if someone gets sick, how will you isolate or get home?

☀️ [#GoWellThisSummer](https://www.facebook.com/hashtag/gowellthissummer?__eep__=6&__tn__=*NK*F) ☀️ Noho ora i tēnei raumati ☀️

Video: Harry

## 4. RCRT – especially while travelling

Yay it’s the holidays! But what happens if you get māuiui (sick) at the bach?

There are a range of healthcare options available for you:

✔️ You can find general health information and advice online: [www.healthify.nz](http://www.healthify.nz/) Low or no data? Visit zero.govt.nz, and click on the Healthify logo to browse for free.

✔️ If you prefer to kōrero: call Healthline on 0800 611 116 - 24/7, 365 days a year.  
 Interpreter and NZ Relay support is available. They can also help you find health services if you’re away from home.

✔️ A new rural after-hours clinical teleheath is available. Call 0800 2 KA ORA (0800 252 672) 5-8pm on weekdays, and 24 hours a day on weekends and public holidays.

✔️ For tamariki under 5, call Plunketline on 0800 933 922 for free health advice 24/7, 365 days a year.

✔️ Your local pharmacy can give advice on medicines and common issues like coughs and colds, bladder or eye infections, minor cuts and grazes, emergency birth control. They can suggest over-the-counter treatment, fill prescriptions, and some give immunisations.

✔️ If you need to see a doctor, contact your usual healthcare provider to book an appointment. If you’re away from home, you can find local GPs~~S~~ and pharmacies here: <https://www.healthpoint.co.nz/>

✔️ In an emergency dial 111. Te Whatu Ora hospitals across the motu will continue to provide critical and emergency care 24/7 as usual.

You can find more info on healthcare for you and your whānau here: <https://info.health.nz/services-support/find-the-right-healthcare-for-you-and-your-whanau/>

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Tile: “ Where do you go if you get sick over the holidays? Save this list of healthcare options now.”

## 5. Prescriptions on holiday – Harry video

Now’s the perfect time to check you have enough of your regular medications on hand before the summer break begins!

It's especially important to be stocked up if you're going away on holiday.

* Check in with your pharmacist to see if you have any repeats or need to contact your doctor for new prescriptions.
* If you’re away from home, you can find local GPs and pharmacies here: <https://www.healthpoint.co.nz/>
* Find out now if you are eligible for free antiviral medicines in case you catch COVID, you may need to get a prescription organised in advance: <https://covid19.govt.nz/testing-and-isolation/if-you-have-covid-19/medicines-to-treat-covid-19/>
* Remember, this is a busy season for GPs and pharmacies, and their opening hours might change, so get in touch early, and treat them with respect.
* If you’re travelling overseas, talk to your healthcare provider about recommended or required immunisations. Some countries currently have disease outbreaks such as measles, polio, hepatitis and typhoid. It can take a few weeks for vaccinations to take effect, so plan ahead.
* Find out if the airline you are travelling with, or the country you are visiting, requires you to carry a letter from your doctor detailing your medical requirements or prescriptions.

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Video: Harry

## 6. Mental health over Christmas

Buying gifts isn’t the only way we can show care over the holidays.

Christmas can be a stressful or lonely time for many of us. Here’s some tips on getting through the holiday season:

* Talking about your feelings can help your mood and make it easier to deal with tough times. Make a list of people you can speak to if you are worried about your well-being.
* Reach out to other people who may be struggling or feeling lonely, arrange a catch up or ask about their plans.
* Don’t feel pressured to provide an insta-worthy Christmas. Do what’s right for you and your whānau and try get some real rest.
* Watch your alcohol intake, it can be fun to have festive drinks, but know your limits and be respectful of others’.

If you, or someone you know needs help now, there is a range of resources and support lines available across Aotearoa: <https://www.wellbeingsupport.health.nz/wellbeing-resources/>

* Need to talk? Free call or text 1737 any time for support from a trained counsellor: <https://1737.org.nz/>
* The Depression Helpline - 0800 111 757 or free text 4202 to talk to a trained counsellor: <https://www.depression.org.nz/contact-us/>
* Youthline - 0800 376 633, free text 234, email [talk@youthline.co.nz](mailto:talk@youthline.co.nz) or online chat at [https://www.youthline.co.nz/web-chat-counselling.html](https://www.youthline.co.nz/web-chat-counselling.html?fbclid=IwAR3l6LjCKc2ok56A7IzquNjD50qD4Y6py5Qoq9w0qG2iQxBsRv_53aoEGFQ)
* The Lowdown Text 5626 - helping young people recognise and understand depression or anxiety: <https://www.thelowdown.co.nz/>
* Alcohol Drug Helpline 0800 787 797. Had enough? We can help: [https://alcoholdrughelp.org.nz/](https://l.facebook.com/l.php?u=https%3A%2F%2Falcoholdrughelp.org.nz%2F%3Ffbclid%3DIwAR2UTJeGYEM0wPLCeJC1VQzT9UUj4mc__zPWtObUl-xzaq9-GZ0kZ-ETweQ&h=AT1cSww05VgJGzn0jIpAjF0omrOSF8fenEZGNwa223viRsPV1gjq8hYriJxndrzu2zQYs6W232IUtkofhmIC_COqjy4eS_Qa6ghlqoZ-y37vBHexkQQhGZvAs6wV4qIUOA&__tn__=-UK-R&c%5b0%5d=AT2dFoAkh2K8zwYkZnKJA4bbMkRzN3UQ-e3CZblz0zEhVOuYr4id-FzJXly_ss0MzvXpu6bIksK5dZuviS8k25kv3d-smh91LnAhC6afCqmASGW72LtvqDvFBXQCP0HRvXWCTBpDPy5oF3OdBTwExn9H5berqQ)

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Tile: “Christmas can be tough. Here’s some tips on getting through the holiday season”

## 7. Measles – how to recognise

Aotearoa is at a high risk of a measles outbreak this summer. Measles (Te mate karawaka) is highly contagious and spreads easily among people who are not immunised.

It can cause serious problems, including brain swelling, chest infections, or death. Symptoms can start 7 to 18 days after you are exposed to the virus, usually within 10 days.

Here’s how to recognise it:

The first few days:

* Fever (temperature above 38°C)
* Runny nose (or blocked nose)
* Cough
* Loss of appetite
* Sore and watery pink eyes
* You may also get white spots inside your mouth.

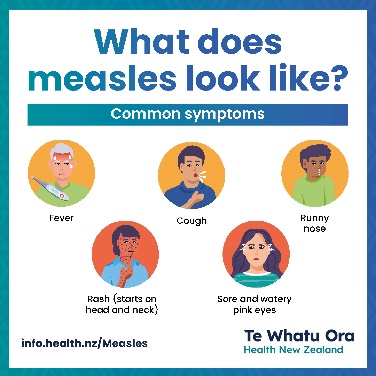
3 to 7 days after the first symptoms

* The rash starts to develop on your head or face, often at your hairline or behind your ears, and then spreads to your body and then to your arms and legs.
* The rash is red or dark pink. The spots are blotchy and join together. It is not usually itchy, and can last for a week or more.
* You usually feel most unwell a day or two after the appearance of the rash.
* The rash will fade after about a week, leaving a slight mark on the skin, but this will not be permanent. You are no longer at risk of passing on measles to others 4 days after you developed your rash.

If you think you may have measles, stay at home, and call your healthcare provider or Healthline on 0800 611 116 for more advice.

The best protection against measles is two doses of the free MMR vaccine – this provides lifelong protection in 99% of people.

Learn more about measles and vaccination on our website: <https://info.health.nz/conditions-treatments/measles/>

Tile: 

Alt text: White tile with a blue border. Headline reads: "What does measles look like? Common symptoms” Underneath are 5 circles with illustrations of sick people. Underneath each circle is a symptom: “Fever. Cough. Runny nose. Rash (starts on head and neck). Sore and watery pink eyes.” Bottom left is the URL: info.health.nz/Measles. Bottom right is the Te Whatu Ora – Health New Zealand logo.

## 8. Measles – get vaccinated

Aotearoa New Zealand is at very high risk of a measles outbreak.

The best protection against measles is the free measles, mumps and rubella (MMR) vaccine.

Not enough people here are immunised against it, which means it could just take a single case of measles to start an outbreak.

We need at least 95% of people to be immunised to stop an outbreak. This also protects babies who are too young to be vaccinated, and severely immunocompromised people.

On average, 1 dose is 95% effective against measles, and 2 doses is more than 99% effective against measles.

As we head towards the holidays, we are encouraging you to check whether you are immunised against measles and get vaccinated if you are not.

✔️ Check if you are vaccinated already using our online tool here: <https://info.health.nz/immunisations/vaccines-aotearoa/measles-mumps-and-rubella-mmr-vaccine/#find-out-if-you-need-a-measles-vaccine-1>

✔️ It is easy and free to get immunised against measles, mumps, and rubella.

Find out more about the vaccine, and how to book here: <https://info.health.nz/immunisations/vaccines-aotearoa/measles-mumps-and-rubella-mmr-vaccine/>

✔️If you are travelling overseas you can check your destination to see if they currently have an outbreak of measles: <https://www.cdc.gov/globalhealth/measles/data/global-measles-outbreaks.html>

Tile: use existing: <https://www.tewhatuora.govt.nz/for-the-health-sector/health-sector-guidance/diseases-and-conditions/measles/#resources>

## 9. Dehydration – Harry video

As temperatures rise, it’s important to watch out for dehydration, especially in babies, older adults and people who work outside.

Ways to recognise mild dehydration:

* a dry, sticky mouth and tongue
* feeling lightheaded or weak
* a headache
* feeling very tired
* dark yellow or brown wee
* not going to the toilet as much, or fewer wet nappies (or not as wet as usual).

Ways to prevent dehydration:

* Always drink plenty of fluids during the day, especially when working or exercising in the sun.
* Water is best. Avoid high-sugar, high-calorie drinks such as undiluted fruit juice, fizzy drinks and sports drinks. Caffeinated and alcoholic drinks can make dehydration worse.
* Carry on breastfeeding, or bottle feeding your pēpi/baby as normal. You may need to feed them more often and drink extra liquid yourself if you are breastfeeding.
* Drink plenty of fluids if you have diarrhoea, vomiting or fever – see your doctor if you cannot keep fluids down.

More advice for pēpi and tamariki: <https://healthify.nz/health-a-z/d/dehydration-children-and-babies/>

More advice for adults: <https://healthify.nz/health-a-z/d/dehydration-adults/>

If you need to kōrero with someone, call your healthcare provider or Healthline for free on 0800 611 116 anytime.

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Video: Harry

## 10. Merry Christmas – post 25 December

Meri Kirihimete from us all   
   
We’d like to thank everyone caring for the health and wellbeing of others this Christmas, especially those working in our hospitals and community services during the summer break…we see you and we appreciate you! Thank you for the tireless work you do to keep our community safe and healthy.   
   
 We wish you and your whānau a safe, happy and healthy festive season.

## 11. Happy New Year -story 31 December

1. On an average day 3,280 people visit the ED. Please try to make sure this isn't you tonight! We need your support to keep our Emergency Departments (A&E) free for those who really need it. A big thank you to our staff who work over these busy holidays!
2. In an emergency dial 111. Te Whatu Ora hospitals across the motu will continue to provide critical and emergency care 24/7 as usual.
3. If you do end up in one of our EDs, please be respectful to all staff and volunteers.
4. If you have health-related questions, call Healthline on 0800 611 116. They are available 24/7, including public holidays.
5. @Ka Ora Telecare is also available for rural communities 24 hours a day on weekends and public holidays, call 0800 252 672.
6. Advice, information, and support about drinking or other drug use is available by calling 0800 787 797 or text 8681
7. Stay safe and look after each other. Happy New Year!

## 12. Christmas social shut down

Our social media team is taking a break over Christmas, and we hope you are too. We won’t be closely monitoring our social media inboxes between 23 December 2023 and 7 January 2023. We will respond as soon as possible when we return to full capacity.   
   
 Here’s how to get help over the holidays:

✔️ You can find general health information and advice online: [www.healthify.nz](http://www.healthify.nz/) Low or no data? Visit zero.govt.nz, and click on the Healthify logo to browse for free.

✔️ If you prefer to kōrero: call Healthline on 0800 611 116 - 24/7, 365 days a year.  
 Interpreter and NZ Relay support is available. They can also help you find health services if you’re away from home.

✔️ A new rural after-hours clinical teleheath is available. Call 0800 2 KA ORA (0800 252 672) 5-8pm on weekdays, and 24 hours a day on weekends and public holidays.

✔️ For tamariki under 5, call Plunketline on 0800 933 922 for free health advice 24/7, 365 days a year.

✔️ For COVID-19 advice, call the dedicated COVID-19 Healthline on 0800 358 5453 for free advice 24/7, even on public holidays like Christmas Day.

✔️ Call the COVID-19 Disability Helpline for free on 0800 11 12 13 or text 8988 - 24/7. This helpline can help with vaccines, testing, face mask exemptions, managing COVID-19 and any other disability related health concerns you may have.

✔️ Your local pharmacy can give advice on medicines and common issues like coughs and colds, bladder or eye infections, minor cuts and grazes, emergency birth control. They can suggest over-the-counter treatment, fill prescriptions, and some give immunisations.

✔️ If you need to see a doctor, contact your usual healthcare provider to book an appointment.   
Check with them about their hours over the holiday period. If you’re away from home, you can find local GPs and pharmacies here: <https://www.healthpoint.co.nz/>

✔️ In an emergency dial 111. Te Whatu Ora hospitals across the motu will continue to provide critical and emergency care 24/7 as usual.

You can find more info on healthcare for you and your whānau here: <https://info.health.nz/services-support/find-the-right-healthcare-for-you-and-your-whanau/>

## 13. Gastro – treating

Be on the lookout for symptoms of gastroenteritis (pokenga whēkau) this summer.

Gastroenteritis is very common in Aotearoa and is often caused by drinking water or food that's been contaminated by viruses, bacteria or parasites.

The infection irritates your stomach and gut, causing stomach cramps, vomiting and diarrhoea lasting from a few days up to a month. You can get sick from an hour to 5 days after getting infected, depending on the type of bug.

Treatment for adults:

* The best thing to do when you have gastroenteritis is rest and drink small amounts of fluids often to prevent dehydration. Older adults and children are most at risk of dehydration.
* There are medicines to stop diarrhoea or vomiting. However, it is important to see your doctor before you use these medicines as this could prevent your body from getting rid of the bug.
* Find self-help and treatment options for diarrhoea and/or vomiting, and when to contact your doctor: <https://healthify.nz/health-a-z/d/diarrhoea/>
* More information for adults: <https://healthify.nz/health-a-z/g/gastroenteritis/>

Treating children:

Gastro can cause dehydration, especially in babies and young children.

* Children need to drink plenty of fluids, give small amounts often.
* Watch for dry lips, fewer wet nappies, sunken eyes, unusual sleepiness and contact your doctor urgently if you suspect dehydration.
* If your baby is less than 6 months old and has vomiting and/or diarrhoea you should contact your doctor urgently - babies can become dehydrated and unwell quickly.
* More information for children: <https://healthify.nz/health-a-z/g/gastroenteritis-in-children/>

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**Tile:** Watch out for gastroenteritis (pokenga whēkau) this summer

## 14. Prep your house for winter – healthy homes

Use generic content here: <https://mohgovtnz.sharepoint.com/:w:/r/sites/EXT-HealthNZTransitionCommunicationsWorkingGroup-NationalOfficeSocialMediaTeam/_layouts/15/Doc.aspx?sourcedoc=%7BB166B0A6-02D5-456E-9C7D-01BD1B2056DE%7D&file=Rheumatic%20Fever%20organic%20social%20copy.docx&wdLOR=c3E9D4333-8E81-4227-B427-D7EAF0E17CE1&action=default&mobileredirect=true>

## 15. Summer first aid series - A minor wound

Cuts and grazes are common injuries that you might need to deal with over summer.

You can usually treat a cut or graze yourself by stopping any bleeding, carefully cleaning the wound and covering it with a plaster or bandage.

1. Stop the bleeding
2. Check the wound and make sure there's nothing stuck in it.
3. Put pressure on the area for several minutes using a clean cloth or bandage.
4. Raise the injury above the level of your heart to help reduce the flow of blood.
5. When the bleeding has stopped, firmly wrap a new bandage over the cut. Check it after 10 minutes or so if you need to clean the wound.
6. Clean and dress it
7. Wash your hands well with soap and water.
8. Clean it with tap water or use sterile saline solution if you have some. Try to gently remove dirt or gravel if it's a graze.
9. Gently pat dry with a clean cloth, towel or gauze swab.
10. If you have some, apply antiseptic cream like Savlon or Betadine if it needs cleaning.
11. Cover with a non-stick dressing and keep dry for at least 24 hours.
12. Replace the dressing if it gets wet or dirty.
13. Check whether you need a tetanus injection if it is more than 10 years since your last one, or 5 years if the wound is dirty and deep.
14. Deeper cuts might need stitches by a nurse or doctor.

Find more information on treating minor wounds on Healthify: <https://healthify.nz/health-a-z/c/cuts-and-grazes/>

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Tile: “Summer First Aid: minor wounds”

## 16. Summer first aid series - Hayfever

Its hay fever season ☹ Hay fever is very common and is caused by many irritants, eg, grass pollen, animals, and dust mites.

Symptoms include blocked nose, runny and itchy nose, sneezing, coughing, red, itchy and watery eyes.

The most important part of managing hay fever is to avoid the allergens if possible. Other treatment includes self-care measures, medicines and allergen immunotherapy.

If pollen is your allergen, there are things you can do to minimise your exposure when the pollen count is high:

* Consider staying inside when the pollen forecast is high, on windy days or after thunderstorms.
* Keep your windows and doors shut as much as possible.
* Vacuum your house and dust with a damp cloth regularly.
* Avoid mowing the lawn, raking leaves or having an open compost heap.
* Splash your eyes with cold water or shower and change after any exposure to lots of pollen.
* Rub petroleum jelly inside your nose to stop pollen from touching the lining of your nose.
* Wear wrap-around sunglasses to avoid pollen getting in your eyes.
* Getting a pollen filter for the air vents in your car and a vacuum cleaner with a HEPA filter.

Medicines to treat and help prevent hay fever are available from your doctor or over the counter at your pharmacy. These can be very effective in reducing your symptoms.

If you also have asthma, now’s a good time to see your GP. Hay fever can make asthma worse and difficult to control and you may need to review or make an asthma action plan.

Find out more about medicines and allergen immunotherapy on Healthify: <https://healthify.nz/health-a-z/h/hay-fever/>

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Tile: “Summer First Aid: hay fever”

## 17. Summer first aid series – Avoiding Sunburn

UV radiation levels are at their peak in Aotearoa from September to April, especially between 10am and 4pm.

Each time you expose your skin to UV radiation, you increase your risk of developing skin cancer.

Be Sunsmart:

* Slip on clothing that covers as much skin as possible, such as a top with a collar and long sleeves, trousers, or long shorts or skirts. Fabrics with a tighter weave and darker colours will give you better protection from the sun.
* Slip into the shade of a leafy tree, building or shade sail. Plan your outdoor activities for early or later in the day when the sun's UV levels are lower.
* Slop on plenty of broad-spectrum, water-resistant sunscreen of at least SPF 30. An average-sized adult needs a teaspoon of sunscreen for their head and neck, each limb and for the front and the back of the body. Apply 20 minutes before going outside and reapply every two hours, or after being in water or sweating.
* Slap on a hat with a wide brim or with flaps covering the ears and neck. More people are sunburnt on the face and neck than any other part of the body.
* Wrap on close fitting, wrap around style sunglasses. Not all sunglasses protect against UV radiation, so always check the label for the sun protection rating.

Find out more about how to avoid sunburn on the SunSmart website: <https://www.sunsmart.org.nz/be-sunsmart/>

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Tile: “Summer First Aid: avoiding sunburn”

## 18. Summer first aid series – treating sunburn

There’s no cure for sunburn except time, but there are things you can do to help while your body heals:

* Stay hydrated by drinking plenty of water.
* Bathe in cool water or gently apply cold compresses or flannels.
* Avoid using soap which might irritate it, and pat your skin dry afterwards.
* Talk to your local pharmacist about products that soothe sunburn and help it heal.
* Take over the counter pain relief like paracetamol or ibuprofen if you need to.
* If your skin can bear it, keep it moisturised to help with itching. A moisturiser containing aloe vera can help to soothe sunburnt skin. It won’t stop the skin peeling but might moisturise the skin beneath. Don’t apply butter or oil-based creams to sunburnt skin.
* Don't pop blisters or peel off pieces of your skin, as you may get a skin infection. Just let the dead skin come off on its own.
* Keep your skin out of the sun until it’s fully healed.
* Severe sunburn may require special burn cream and burn dressings. Very occasionally, hospital treatment may be needed.
* If your baby is under 1 year, take them to your healthcare provider to be checked.
* If your pēpi is older than 1, call your healthcare provider if they’re in severe pain, blistering, feverish, or are lethargic (don't seem fully responsive).

If in doubt, see your healthcare provider or emergency clinic.

Learn more about treating sunburn on Healthify: <https://healthify.nz/health-a-z/s/sunburn/>

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Tile: “Summer First Aid: treating sunburn”

## 19. Summer first aid series – insect bites and stings

In Aotearoa New Zealand, there are several common biting and stinging insects.

Both stings and bites can be painful but are not usually dangerous or life-threatening.

Here are some tips to ease the itching and discomfort:

* Wash the bitten area with cool water or apply a damp cloth that’s been soaked in ice water.
* Try holding an ice pack on the area for up to 10 minutes at a time.
* Try soaking in a cool bath, putting calamine lotion, aloe vera or an antihistamine cream on the bites.
* If you have pain, try taking pain relief, eg, paracetamol.
* Antihistamines (eg, cetirizine or loratadine) may relieve itching and swelling.
* Keep tamariki nails trimmed and clean. This reduces the damage from scratching and may reduce the risk of infection.
* If you've been stung and the sting has been left in your skin, remove it as soon as possible to prevent any more venom being released. Bees leave their sting in and wasps don't.
* Call 111 if you or someone else has symptoms of a severe allergic reaction.

Find more information on insect bites and stings here: <https://healthify.nz/health-a-z/i/insect-bites-and-stings/>

Find out how to treat jellyfish stings here: <https://healthify.nz/health-a-z/j/jellyfish-stings/>

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Tile: “Summer First Aid: insect bites and stings”