

HEALTH MATTERS

Do you, your child or someone in your whānau have asthma?

If you or a whānau member has asthma, make sure to download the asthma checklist from www.asthmafoundation.org.nz and the 'My Asthma' app from the Apple App Store or Google Play Store. For the latest updates on #BreatheBetterSeptember follow us on Facebook, Instagram and Twitter.

Asthma info at your fingertips
The My Asthma app includes simple asthma information, asthma first aid steps, and an electronic Asthma Action Plan.



ASTHMA CHECKLIST

✓ CHECKLIST TO CONTROL YOUR ASTHMA

- MEDICATION**
 - ✓ Make sure inhalers aren't empty or out of date.
 - ✓ Take medication as prescribed and use a spacer if your inhaler allows it.
 - ✓ Ensure you always carry your reliever inhaler in your bag.
 - ✓ Check technique with a doctor or nurse.
- KEEP ACTIVE**
 - ✓ Ask your doctor if you need to use your reliever inhaler before activity.
 - ✓ Sports which allow you to stop and start such as walking, cycling, yoga or team sports are great for people with asthma.
- REDUCE EXPOSURE TO GERMS**
 - ✓ Wash hands with soap.
 - ✓ Use hand sanitizer.
 - ✓ Try to avoid people with colds or flu.
- GET VACCINATED**
 - ✓ Get a flu vaccination every year.
 - ✓ The flu vaccine is free for people with respiratory conditions.
- KNOW YOUR TRIGGERS**
 - ✓ Triggers may be:
 - Stress and/or anxiety
 - Change of environment
 - Animals such as cats
 - Mould spores
 - Cleaning products.
- ASTHMA ACTION PLAN**
 - ✓ Have an up-to-date asthma action plan.
 - ✓ A plan helps identify what to do when well, unwell or need help in an emergency.

For more resources, to get involved or to donate visit asthmaandrespiratory.org.nz or call 04 499 4592

My Asthma App

NEW

Asthma + Respiratory FOUNDATION NZ



Got gout?

Do you have whānau with gout?
It's not all about the kai... gout is in your whakapapa. It is not cured when the pain goes away. Call your GP to make an action plan to stop gout attacks.

Want more information or need advice?
Call Arthritis NZ on **0800 663 463**, talk to your pharmacist or visit www.healthnavigator.org.nz.

Measles Outbreak

Are they protected?

immunise
their best protection



1
Home (Self Care)

2
General Practice (GP) & After Hours

3
Emergency (ED)

UNWELL OR INJURED? Where should I be?

- Call Healthline 0800 611 116 – for free medical advice 24hrs/day.
- Home for rest, regular fluids and pain relief, if required.
- Talk to your pharmacist – they are a good source of information.
- Contact your general practice team first.
- For urgent or after hours care, contact your general practice in the first instance for advice. Or visit the Whanganui Accident & Medical (WAM) service located at Whanganui Hospital. Open every day from 8am-9pm.
- Emergency Department for emergencies.

