

# HEALTH MATTERS

## THINK MEASLES

There are measles outbreaks in NZ and overseas but not in Whanganui as yet. We all need to do our part to keep Whanganui measles free. **Are you and your whānau up-to-date with your MMR (measles, mumps and rubella) vaccinations?**

If you're unsure if you are up-to-date or not, contact your general practice and find out. MMR vaccines are **FREE** for all children, teenagers and adults who have not previously had two doses.

If you or your child develops a rash, a fever and a cough or runny nose, **STAY HOME AND AWAY FROM OTHER PEOPLE**. Contact your GP or call Healthline on 0800 611 116 for advice about what you need to do.

For more information on measles visit [www.healthnavigator.org.nz](http://www.healthnavigator.org.nz)



## Time to get the flu shot

One of the best ways to stay well during the winter is to have your in**FLU**enza vaccination.

- Flu is a serious illness
- Its best to get vaccinated now before winter arrives
- Flu is very contagious and easily spread
- Vaccination is FREE for pregnant women, if you are over 65 or if you have certain medical conditions.

*Contact your general practice to book in for your flu vaccination today.*

Vaccinations are also available from some pharmacies.

## Protected Together

#IMMUNISE | Immunisation Week 2019



1

Home  
(Self Care)

## UNWELL OR INJURED?

Where should I be?

2

General  
Practice (GP)  
& After Hours

- 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.

3

Emergency (ED)

