

Tama tū, tama ora. Tama noho, tama mate

An active person is healthy. An idle person can become unwell.


How active are you in your bubble?

Staying safe in our bubble may limit how much we move on a daily basis. Being inactive for long periods has proven to cause loss of muscle mass, strength and balance, especially for the older adult. This can impact on your health and independence.

Here are some helpful hints:

- **Get up, get dressed and get moving.** Keeping a daily routine helps to keep us moving.
- **Take opportunities** to do little activities throughout the day.
- **Go for a walk.** Get some fresh air and maintain your independence.
- **Do simple exercises.** Start simple and build up slowly.
- **Breathe.** Practicing regular deep breathing can help reduce anxiety, stress and relax muscles.
- **Do a little bit often:** try to do one activity or exercise every hour.

Here are some links you might find useful:

 **'Healthy For Life'** is a new TV show to help over 65's stay active during #Bubble Life Screening 9am Saturday 2 May on TVNZ1 and OnDemand. ACC New Zealand www.acc.co.nz

 **'Keep it Moving'** www.rnz.co.nz/national/programmes/nights/collections/keeping-it-moving

Websites with good information include:

www.livestronger.org.nz/home/exercise-at-home/resources-to-exercise-safely-at-home/ and www.healthnavigator.org.nz



'Super Seven' exercises

www.livestronger.org.nz/assets/Uploads/Exercise-at-home/super-seven-exercises-physiotherapy-nz.pdf

A copy can be posted to you, see contacts below.

For further advice and support please contact:

Green Prescription

Deb Byers: 06 349 2325 | 027 557 9911 | green@sportwhanganui.co.nz

Age Concern

Michelle Malcolm: 06 345 1799 | 027 434 4758 | manager@acwhanganui.org.nz

WDHB Physiotherapy Department

06 348 1286 | physiotherapy@wdhb.org.nz

CAN I SEND MY CHILD TO SCHOOL AT ALERT LEVEL 3?

Are you an essential worker?



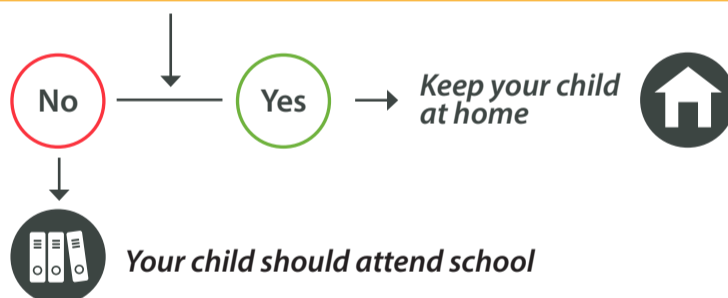
Are you working from home?



Is there a responsible adult at home?




Can I grow our bubble to include a responsible adult?




LOOKING AFTER YOURSELF AND OTHERS

Do you or a whānau member have a long-term condition or illness like diabetes, heart disease, COPD, hypertension, asthma or cancer that requires regular check-ups with a doctor or nurse?


Do you need a repeat of your regular prescription? 


Your health provider is just a phone call away.


 Are you due for an appointment with your GP or nurse?

Are you OK?
Are you staying connected with whānau & friends?
Do you need to talk to someone?

We are here for you.

Do you have someone checking in with you, who is able to get groceries and essentials for you? 

Do you know how and where to get help if you need it? 

 Have you had your flu immunisation?

In the rush to return to normal, use this time to consider which parts of normal are worth rushing back to.

Dave Hollis

ACCESSING HEALTH SERVICES AT ALERT LEVEL 3

WHERE CAN I GET TESTED FOR COVID-19?

There are five Community Based Assessment Centres (CBACs); Whanganui Hospital campus, Gonville Health, Te Oranganui, Raetihi Community Space and Taihape Health. In Marton and Bulls you can get tested at the general practices – please ring first.

If you have symptoms such as:

- flu-like symptoms – a cough, fever or shortness of breath
- muscle aches, fatigue, headache, sore throat, runny nose, loss of taste and smell, diarrhea
- in children may be non-specific – like lethargy or poor feeding

You can be assessed and tested at one of the CBACs

- If you are swabbed, you will be advised of any positive result by Public Health and any negative result by your general practice.
- If you need medical treatment you will receive it at the CBAC or be sent to WAM or referred to your GP.
- If you need a medical certificate for work, you can get this while you are at the CBAC.
- If you are very unwell you will be taken to ED.
- If you have a home or community support worker that comes to visit you, please let them know you have been tested.

Case definition of COVID-19 infection

- **Confirmed cases** are people that have had a positive laboratory result.
- **A probable case** is one without a positive laboratory result, but which is treated like a confirmed case based on its exposure history and clinical symptoms.
- **Recovered cases** are people who had the virus, it's been at least 10 days since the virus started, they have had no symptoms for 48 hours and been cleared by Public Health.

CAN I SEE MY DOCTOR?

Yes - general practices are open. Call us if you are unwell and we will discuss what your needs are and what kind of appointment will work best for you.

If you have a long-term condition such as diabetes, heart disease, hypertension, COPD and other respiratory illnesses, it is very important you keep taking all prescribed medications and have your regular appointments with your GP/nurse. Sometimes this might only require a phone call if you are well, but if you require an appointment this will be organised for you.

CAN I VISIT A FAMILY/WHANAU MEMBER OR FRIEND IN HOSPITAL?

- Whanganui Hospital is open 24/7 for critical cases and those patients who need urgent care.
- The only **visiting** allowed is one visitor for patients: At end-stage of life, in the Critical Care Unit, Maternity Unit and the Children's Ward. All visitors must be part of the patient's bubble.

CAN I STILL GET AN X-RAY OR BLOOD TEST?

- **Yes, - if the x-ray is urgent** you will be referred by your GP and contacted by Radiology for an appointment.
- If you need a blood test please phone the lab on **06 348 1270** or **06 348 8949** and arrangements will be made for the test.

CAN I GO TO OUTPATIENTS FOR AN APPOINTMENT?

Most clinics are now done over the phone. If you need a face-to-face appointment it will be arranged for you and you will be contacted.

Seek immediate help in an emergency – don't delay. If you are injured or experiencing severe symptoms, it's critical you still call 111 or go to the Emergency Department.

CAN I SEE MY MIDWIFE IN PERSON?

Yes - discuss this with your midwife. Community midwives will provide services in a variety of ways, including face-to-face and online appointments.

CAN I HAVE SOMEONE WITH ME WHEN I HAVE MY BABY?

- **Yes - pregnant women** can still have a support person from their bubble during labour and birth, and can hold their newborn skin-to-skin and share a room with their baby. However, they must wash and dry hands thoroughly before and after touching their baby.

CAN I GET PARENTING AND BREASTFEEDING SUPPORT IF I NEED IT?

Yes - Plunketline is a **free parent helpline** available to all families, whānau and caregivers, 24 hours a day, 7 days a week. We also provide specialist **breastfeeding support** through video conferencing. Please give us a call on **0800 933 922**. Calls are free from cell phones.

CAN I GO TO A PHARMACY TO GET MY PRESCRIPTION?

Yes – pharmacies are open.

- Please keep the 2 metre distance between people.
- All prescriptions are dispensed in 30 day lots.
- If you need to collect a repeat prescription please ring a day or two ahead if possible.
- If you are unable to collect your prescription ask us about having it delivered.
- Whanganui Unichem Pharmacy are open Monday to Friday 8.30am - 8.30pm, Saturday 9am - 8.30pm, Sunday and public holidays 12.30pm - 8.30pm.
- Countdown Pharmacy's hours are: 9am - 8pm every day (store hours will vary).

CAN I ACCESS COMMUNITY MENTAL HEALTH AND ALCOHOL AND OTHER DRUG SERVICES?

Yes - if necessary. Appointments will continue to be over the phone or online. Some face-to-face appointments may be provided for urgent cases. Please give us a call. Alternatively if you need someone to talk to anytime day or night free text or phone **1737**.

CAN I GO TO THE DENTIST?

Yes - for emergencies only. If you are unsure please give us a call and we will let you know what can be done. If you urgently require a dentist in the weekend or on a public holiday, then phone the on call dentist on **027 444 185**. They are only open from 9-11am.

CAN I SEE A PHYSIO, CHIROPRACTOR, OSTEOPATH, OPTOMETRIST OR PODIATRIST?

Yes – most appointments will be online or over the phone. Some face-to-face appointments may be provided for urgent cases.

CAN I GET A FLU VACCINE?

Yes. Please call your general practice to make an appointment. Please be patient.

CAN I GET MY CHILD IMMUNISED?

Yes – if your child is due for a scheduled immunisation please contact your GP for an appointment or contact the Whanganui Regional Health Network Immunisation Outreach Team on **0800 775 001**.

CAN I STILL GET SUPPORT DURING ALERT LEVEL 3 IF I NEED IT?

Yes - there are several ways to get support from across the Whanganui region if you need it. If you already use existing support networks, please continue to do so, but if you require additional support, the following welfare teams can help:

- Whanganui District - call **06 349 0001** - this line operates 8am to 5pm with an after-hours response outside these hours.
- Horizons - call **0800 725 678** - this line is available from 7am - 7pm, seven days a week.
- Ruapehu south (Waimarino) - call **06 385 8364** – this line is available 24/7.
- Te Ranga Tupua Collective Iwi Response for help, advice and support for whānau in the Whanganui, Rangitikei, Ruapehu, Otaihape and South Taranaki Region - call **0800 202 004** - this line is available 24/7.
- Asian helpline – to talk to a counsellor if you are stressed or anxious – call **0800 862 342**, Monday to Friday 9am-8pm.

FAMILY VIOLENCE HELP

Is someone hurting you, or someone you know?

- Urgent help - Police **111**
- Women's Refuge **0800 733 843**
- Children's safety – Oranga Tamariki **0508 FAMILY (0508 326 459)**
- Elder abuse – Age Concern **06 345 1799** or **0800 326 6865**