

## Covid-19

As this newsletter goes to print there is community spread of Covid-19 in the North Island. You may have noticed lots of thoughts and emotions arising because of this. This is normal. Unprecedented times can raise frustrations, fear and even anger. Be kind to yourself and to others. It's OK to feel overwhelmed. Here are a few tips to manage the uncertainty:

### Stay informed

Know what you are required to do if and when the alert levels change. But also remember that constantly checking media reports can make you feel exhausted and increase your distress.

### Block unhelpful media

Stick to reliable sources of information. Block negative media that can pull you down.

### Keep to your usual routines

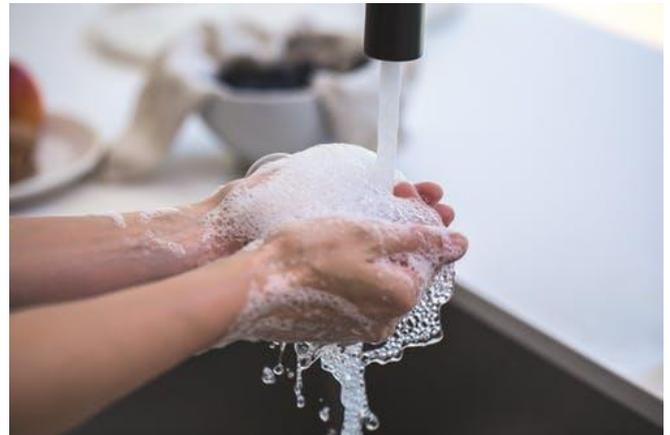
Stick to your usual mealtimes, exercise routines and bedtimes as the structure can help keep you grounded and calm.

### Reach out to others

It's a tough time and talking to someone can help. Stay in touch with whanau and friends for support; share how you are feeling and what you're experiencing.

If you continue to feel stressed give us a call at the medical centre on (03) 347 2614 or call Healthline for advice on 0800 358 5453.

Source: [www.depression.org.nz](http://www.depression.org.nz)



Prevent Covid-19: wash and dry your hands regularly.

### Covid-19 testing

If you have symptoms consistent with Covid-19, such as cold or flu symptoms, (especially if you have been in contact with someone diagnosed with Covid-19, or you have been overseas), you will need to be tested. Phone us to organise a test at the medical centre.

**Do not enter the medical centre if you have a cold, cough, runny nose, sore throat or fever. Please phone first.**

When you come for a Covid-19 test you will need to stay in your vehicle until a staff member, who will be dressed in PPE, comes out to get you. You will be given instructions about where to park on McCauley St, near the centre. The testing is done in a different part of the centre to stop infection spread. It is important to arrive five minutes before your appointment time.

Otherwise, under Alert Level 2, we are operating as usual with face-to-face doctor and nurse appointments.

### Online bookings

You can book your doctor's appointments online again at [www.rollestonhealth.co.nz](http://www.rollestonhealth.co.nz)

## Farewell

We say farewell to Dr Shiromani Goyal, who will be leaving us on September 17 to embark on further education. Hamari shubhkaamnayein aapke saath hain (goodbye and good luck from all of us).

## Immunisation information

### Some vaccines are free for some people.

**Meningitis:** if you're aged 13-25 you may be eligible for a free meningitis vaccination. To qualify you must be living in (or about to reside in) boarding school hostels, tertiary education halls, military barracks, or similar.

**Shingles:** the free catch-up shingles prevention programme for adults aged 66-80 has been extended until the end of the year. From next year it will be free to adults aged 65 only. However, it can't be given if you've had shingles in the preceding 12 months, or if you're on steroids (as well as some other criteria). Call us to check your eligibility.

**Whooping Cough:** the vaccine which prevents whooping cough (and also tetanus and diphtheria) is available free for pregnant women from 16 weeks' gestation. It is also strongly recommended (although not free) for grandparents to protect new-born babies against this potentially life-threatening illness.

**Measles:** if you were born after 1969 and have not been fully vaccinated against measles then you need to have another vaccine (free) to protect against the measles, a highly infectious and potentially serious illness. If you're unsure whether or not you've been vaccinated, call us.

## Keep us updated

If your contact or next-of-kin details change please let us know so we can keep our records up-to-date. This is important if we need to contact you or your next-of-kin in the event of an emergency.

## Referendums – our thoughts

You may be wondering what our views are on the upcoming end-of-life and cannabis referendums? As a health team we don't support either one.

We believe assisted suicide would put the elderly, the vulnerable, the depressed and the disabled in a position where they could be open to subtle coercion to end their lives to avoid being a financial or physical burden.

Cannabis use causes significant health and social issues, such as psychosis in younger people, and bronchitis. Also, there is weak evidence of its effectiveness as a medicine.

## Arrival log-in screen

When you arrive for your appointment instead of waiting to tell a receptionist you're here, you can log yourself in by using our new arrival screen near the entrance. Make sure you use the hand sanitiser before and after touching the screen.

## Where are the magazines?

You may have noticed that magazines and children's toys have disappeared from our waiting room. This is to prevent the spread of infection during the pandemic.

## Urgent appointments

Each day, until 4.30pm, we keep spare appointments for emergencies. If you have an urgent health problem, phone the medical centre and speak to a nurse about getting an appointment or advice on accessing the right care for your particular situation.

## Hand sanitisers – check the label

Not all hand sanitisers are made equal. To be effective it needs to contain 60 per cent alcohol.