



Fighting the Winter Bugs!

It's that time of year when the winter bugs are in full force and with Covid still hanging around it's even busier than ever.

We're here to look after you but patient demand is very high and so we want to make sure we have time to see those who need more immediate care.



What are we doing?

If you have Covid or flu-like symptoms you can still be seen if needed, we just ask that you tell us about any symptoms (cough, runny nose, fever, chills, sneezing, body aches, headache, nausea and vomiting, diarrhoea, tiredness) so we can see you in a way which keeps everyone safe.

Our staff are not immune to the winter bugs and so we too have staff shortages due to sickness. This means that some days we are seeing more patients with less staff. We ask that you are patient with our team as they are doing their best to care for you.

We are offering telehealth services to those of you who are unable to get to the clinic or would prefer to keep warm and speak to a GP from home – please ask reception about these.



What can you do?

Prevention is better than cure!

The best approach is to avoid the bugs if you can and don't share them if you do have them!

- **Wear a mask** when out and about
- **Hand hygiene** - wash your hands for 20 seconds and dry them well
- **Cover your coughs and sneezes**
- Don't share personal items such as cups, food utensils or towels
- Clean and disinfect surfaces often, like doorknobs
- **Stay home if you are sick** and avoid close contact with others

If you have Covid or flu-like symptoms do a test. Symptoms of COVID-19 are similar to having a cold or the flu.

Caring for winter bugs at home...

You can treat most colds and flu-like illnesses with rest and self-care at home.

Rest at home so you don't spread bugs.

Drink plenty of fluids, warm lemon and honey drinks or soups to avoid dehydration (honey is not safe for children under one year).

If you have a sore throat, suck a teaspoon of honey or gargle with salt water. Adults can

also try using a gargle, throat spray or pain-relief (anaesthetic) lozenges.

For a blocked or runny nose ask your pharmacist about decongestants and saline nasal sprays.

For a cough sip a lemon and honey drink or ask your pharmacist about cough lozenges or medicines that may be suitable for you. Cough medicine doesn't cure a cough but may give you some relief from it.

For aches and pains try paracetamol OR cold and flu medicines (check doses carefully and ask your doctor or pharmacist what is safe for you).

Avoid antibiotics, they can't cure colds, flus or most coughs as these are caused by viruses.

So, when should I see a doctor?

Phone us for advice if you:

- are not getting better
- are pregnant
- have diabetes or a health condition affecting your breathing, heart, or immune system
- are aged 65 or older
- have a sore throat and are Māori or Pasifika aged 3–35 years
- are concerned or not sure what to do

Seek immediate medical help if you have any of the following signs:

- difficult or painful breathing
- bluish lips or tongue
- chest pain
- coughing up blood
- severe shaking, rigors
- confusion or difficult to wake
- stiff neck
- rash with purple or red spots or bruises
- clammy skin
- not urinating or dark coloured pee
- feeling faint or passing out (fainting).

Health Navigator has more information about coughs, colds, flu and COVID-19 which you can find [here](#).



We are doing our best to care for you all during challenging times.

Please be patient with our team as we work to get everyone through winter!

Look after yourselves - Noho ora mai rā

The Doctors Waimauku, Silverfern and Huapai

Any questions please contact

The Doctors Waimauku 6-8 Waimauku Station Road, Waimauku.

094118094/ reception.waimauku@wm.thedoctors.co.nz

The Doctors Huapai. 321 Main Road, Huapai

094129133/ info@hu.thedoctors.co.nz

AUCKLAND

North

- The Doctors Red Beach ●
- The Doctors Whangaparāoa
- Albany Family Medical Centre
- Apollo Medical Centre
- The Doctors Fred Thomas
- The Doctors Birkenhead

West

- The Doctors Waimauku
- The Doctors Silver Fern
- The Doctors Huapai
- The Doctors Massey Medical
- The Doctors Golf Road
- The Doctors New Lynn
- The Doctors Mt Roskill

Central

- The Doctors Quaymed Britomart
- The Doctors Quaymed Wynyard
- The Doctors St Heliers
- The Doctors Greenlane
- The Doctors Onehunga ●
- Mt Wellington Medical Clinic

South-East

- The Doctors Ti Rakau ●
- The Doctors Middlemore ●
- The Doctors Drury

LOWER NORTH ISLAND

Whanganui

- Springvale Medical Centre

Upper Hutt

- Gain Health Centre
- Silverstream Health Centre

Lower Hutt

- Muritai Health Centre

Paraparaumu

- Team Medical ●

Masterton

- Whaiora

NORTHLAND

Kerikeri

- The Doctors Kerikeri

Whangarei

- The Doctors Kamo
- The Doctors Tikipunga
- The Doctors Tui

BAY OF PLENTY

Tauranga

- The Doctors Tauranga
- The Doctors Bayfair
- The Doctors Papamoa
- The Doctors Welcome Bay
- The Doctors Bureta

Whakatane

- The Doctors Kopeopeo
- The Doctors Phoenix
- The Doctors Total Health

HAWKES BAY / GISBORNE

Gisborne

- The Doctors Te Whāre Hapara

Napier

- The Doctors Napier
- The Doctors Greenmeadows
- EIT Health Centre
- The Doctors Ahuriri

Hastings

- The Doctors Hastings
- The Doctors Gascoigne
- The Doctors Waipawa

SOUTH ISLAND

Tasman/Nelson

- The Doctors Motueka
- Richmond Health Centre

Christchurch

- The Doctors Christchurch South
- Darfield Medical Centre
- West Melton Medical Centre

Queenstown

- The Doctors Whakatipu - Frankton
- The Doctors Whakatipu - Shotover

● Urgent Care Medical Centres

Map is not to scale



