

Patient Newsletter – April 2019

We have moved to a new Practice Management System

Thank you all for your patience and understanding as we transitioned on to our new Practice Management System.

We are now a few weeks in and slowly getting used to how we use our new system. We hope this change will help enable us to provide you with the best possible care and enable us to streamline a lot of processes of our patient care.

SMS & Email Correspondence

We are changing the way we communicate with our patients.

Because of the change in our Practice Management System, it means that we are now able to change the way we communicate with you.

Please note going forward, our accounts, receipts and recalls will be sent to you via email or SMS.

Please make sure you notify us if you have had a recent change in email or mobile number.

Flu Vaccines Now Available



Staying well over autumn and winter means getting ready now.

Getting your flu vaccine is one of the best things you and your whanau can do to help stay well through these seasons. Flu can be anywhere and the best protection is a flu vaccine.

Please phone or pop in to make an appointment for your flu vaccination. Please note that you will be asked to stay 20 minutes after having your vaccine to be monitored in case of any adverse reaction.

If you're over 65 years, pregnant or have a chronic condition you may qualify for a FREE flu vaccine. Ask at reception.

What to do now:

- + contact us to book a flu vaccine appointment
- + talk with your medical team with any queries, we're here to help

For more information:

You can visit:

<https://www.fightflu.co.nz/>

<http://www.immune.org.nz/vaccines/available-vaccines/influenza-vaccines>

Flu Vaccination Bookings

PLEASE NOTE: There is a high demand for Flu Vaccinations at this time of year. Bookings with our nurses are essential due to demand.

Please contact your nearest clinic for your appointment.

Workplace Vaccinations

We also accommodate vaccinations for work places either on or off site. Please contact the clinic if you wish to organise this for your work place.

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Flu Facts
Flu can be anywhere and the best protection is a flu vaccine.

- FACT:** The vaccine cannot give you the flu
- FACT:** You need to have a flu vaccine every year to remain fully protected
- FACT:** Anyone, even fit, healthy adults can catch the flu and spread it to others
- FACT:** 1 in 4 can get the flu and show no symptoms and don't know they are passing it on
- FACT:** Getting a flu vaccine helps look after the community

Influenza

Influenza (Flu) is a common viral illness. Most cases occur during the winter months: May to October in New Zealand. It is easily spread to others through talking, coughing and sneezing. People are always at risk of repeatedly catching influenza because the virus types or strains are always changing.

The flu can be a serious illness that is sometimes fatal. Infection with the influenza virus may lead to a stay in hospital for any age group but particularly if you are elderly or have an ongoing medical condition. Influenza can make an existing medical condition, such as asthma or diabetes, a lot worse.

Even if you do not end up in hospital, influenza can keep you in bed for a week or more, preventing you from doing work, sport or just about anything that requires leaving the house

Influenza is different from a cold virus. A cold virus only affects the nose, throat and the upper chest and lasts for a few days, whereas influenza can be a serious illness that affects the whole body and can last up to a week or more.

Symptoms

Influenza illness can include any or all of the following symptoms:

- + Fever
- + Muscle or body aches
- + Headache
- + Lack of energy, - may be severe and last for two or more weeks
- + Dry cough
- + Sore throat
- + Runny nose
- + Vomiting and diarrhoea - more common in children than in adults.

Influenza is not just a 'bad cold'. Although some of the symptoms are the same, influenza is usually much more severe, often has a sudden onset and can have much more serious consequences.

Prevention

Annual immunisation prior to or during the influenza season is recommended for everyone who can be vaccinated. The vaccine is funded for all pregnant women, people from 65 years and certain at-risk groups from 6 months to 65 years. Many employers offer the vaccine to their staff.

Following basic hygiene practices can reduce spread of the virus:

- + Wash and dry hands thoroughly or use hand sanitiser before touching your mouth, nose or eyes
- + Use disposable tissues. One blow and throw the tissue away, preferably into a rubbish bin with a lid or a plastic liner, then wash and dry hands, or use hand sanitiser
- + Cover coughs and sneezes with a disposable tissue or, if no tissues are available, cough or sneeze into the inside of your elbow or arm
- + Regularly clean flat surfaces, door handles, bathroom sinks and taps
- + Stay at home if you are sick
- + Keep at least a metre away from people who you know are sick