

## Avoid the Christmas rush

### Remember to check your medication supplies

Check your medication supplies now and avoid the Christmas rush – use your Manage My Health to order your long-term repeat medications or phone our script line on 07 928 8000 press 2.



## Be Sunsmart

### Applying sunscreen

The protective effect of sunscreen depends on correct application.

Apply sunscreen 20 minutes before sun exposure to allow time for it to dry and be absorbed into the skin.

The average sized adult should apply 1 teaspoon to each arm, and to the face (including the ears and neck); and at least a teaspoon to each leg, the front of body, and the back of body.

Always reapply sunscreen every two hours when you are outdoors, and more often if you are sweating or in water.

For more information visit:

<https://waikato-bop.cancernz.org.nz>

## Funded Vaccines Information:

### Is your child heading off to Hostel living? Meningococcal Vaccine Access has changed.....

Eligibility for the funded vaccine will include people 13 to 25 years of age in close living situations. People entering boarding school hostels, tertiary education halls of residence, military barracks or summer camps within the next three months will be eligible for vaccination before they enter these institutions.



For further information visit  
<https://pharmac.cwp.govt.nz/>

## HPV Vaccine

Free for 11-26 year olds, HPV protects against Human Papilloma Virus, a common virus that can cause HPV cancers in both males and females.

## Shingles Vaccine (Zostavax)

If you are aged between 65 and 81 you are eligible for a free shingles vaccine until 31 July 2020. After this time only 65 year olds are eligible.

Book these vaccinations in our nurses clinics.



## The importance of Hydration

Tip: By the time you feel thirsty; you have probably already lost two or more cups of your total body water composition. Drink plenty of water throughout the day. Carry a bottle of water with you daily. Keep a bottle of water on your desk and refill at the office water cooler regularly.

Here are some interesting facts about dehydration in relation to water loss as a percentage of your body weight.

- 2% of your body weight lost in water will result in impaired physical and mental performance.
- 4% your muscular capacity (strength) declines
- 5% heat exhaustion kicks in
- 7% hallucinations occur
- 10% circulatory collapse, heat stroke and death



Stay hydrated this summer - Sean ...  
[seanburgessfitness.com](http://seanburgessfitness.com)

## Advance Care Planning

"What matters most for your future care"

An advance care plan describes what is important to you in the healthcare and treatments you want in the future if you are unable to speak for yourself.

Available to any age group.



For more information either ring Nurse - Mia on 07 928 8032 or visit the website below:

[www.advancecareplanning.org.nz](http://www.advancecareplanning.org.nz)

## Hayfever

Remember to think about ordering your allergy medications for the coming months.

There will be pollen and allergens causing dry eyes, post nasal drip, sneezing and general discomfort over Summer.

Loratidine, cetirizine and nasal sprays are commonly available on script or over the counter.

## Christmas Hours:

Closing 5pm on Tuesday 24 and 31 December.

Closed: 25/26 December and 1/2 January 2020.





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care+advice



*Wishing you all a very merry and Safe  
Christmas*

