

PUBLIC HEALTH HEALTH NEWS FOR SCHOOLS

March 2020, Issue 23

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HELLO, Kia Ora Koutou – Malo e Lelei-Talofa Lava – Ni Hao

Welcome back to a new school year and to the first edition of the Public Health- Health News for Schools in 2020. The purpose of this newsletter is to provide your school community with up to date health news. Please feel free to share this information and to use any articles of interest. If you would like copies of any specific information included in this newsletter feel free to contact me pam.owen@midcentralthb.govt.nz.

WELCOME BACK

The Public Health Nurses are busy in schools already. The first big job this term is to provide all year 7 and 8 students with consent forms for immunisations.

If your child is in year 7 or 8 look out for the consent form. Please read it, make your decision and return the form back to school promptly. If you have any concerns or would like to speak to a public health nurse call: 0800 153 042.

The following resources may help provide more specific information and help you with your decision:

www.health.govt.nz/imms-older-children
www.health.govt.nz/hpv
 0800 IMMUNE (0800 466 863)

Public Health Nurses are Registered Nurses who are available to discuss any concerns about child health, growth and development and have knowledge of medical conditions and can assess and refer your child to specialist services. The Public Health Nurses offer a FREE service which is available to all early childcare centres, schools and their communities across the region.

To make a referral to the Public Health Nurses or for more information contact: 0800 153 042



SCHOOL BASED VACCINATION PROGRAMME

During the first few weeks of the term if your child is in year 7 or 8, they will bring home a consent form for the school vaccination programme. As a parent or care giver it is important that you feel informed to make a decision.

Making informed decisions means being able to find and understand relevant information, be given the opportunity to discuss it, and make the decision that is right for you and your family.

Obviously, the internet has a vast amount of good information on various topics, but also contains websites of dubious quality. While many quality websites offer science-based information about vaccine safety, other sites provide unbalanced and misleading information. The challenge is knowing what to believe.

0800 IMMUNE (466863) is a free phone line - available Monday to Friday 9 am to 4.30 pm. All the advisors have extensive immunisation and vaccine-preventable disease knowledge.



Protect your child against serious diseases

If your child is aged 11 or 12, they will be offered free immunisations at school to help protect them against serious diseases such as **diphtheria, tetanus, whooping cough and most HPV cancers.**

Your child will bring home a Parent Consent Form which has more information. To make sure your child receives their school immunisations, remember to sign and return the consent form to school.

For more information:

visit health.govt.nz/immunisation-older-children
or call **0800 IMMUNE**



immunise

their best protection



HANDWASHING KITS

The team has 10 handwashing kits available for schools and colleges to borrow. The resource includes teaching plans for children from early childcare entry through to high school. The resource is very useful and provides messages about the importance of handwashing and the prevention of spreading germs. This is a great resource to provide an important health message to students at the start of the school year.

Speak with the school Public Health Nurse or contact 0800 153 042 to arrange to borrow.



EMERGENCY/PANDEMIC PLANNING



In light of the current Coronavirus situation, it is timely to remind schools to ensure their emergency plans are up to date to meet health and safety requirements. It is not possible to predict how long a pandemic may last.

Activation of pandemic action plan

The Ministry of Health will widely publicise any changes to the “alert codes”, and may signal the need to activate pandemic and continuity plans. The Ministry of Education keeps regional and local Ministry offices, education agencies and education sector groups informed of any changes.

The following generic list is approved by the Department of Labour and can be used as a starting point for your pandemic preparations. Adapt it to meet your school's needs.

For more information Visit the Ministry of Health website – for background information about pandemic influenza, National Health Emergency Plan, pandemic preparedness, planning, and latest updates.

<https://www.education.govt.nz/school/health-safety-and-wellbeing/emergencies-and-traumatic-incidents/pandemic-planning-guide/>

Emergency Pandemic Supplies

Suggested list - stock pile supplies for one to two weeks

Breathing mask (box 50) 3 per person per day

Eye goggles (1 per staff dealing closely with sick person)

Latex/non-latex gloves (100s) 10 per staff per day

Disposable apron for staff (1 per staff per day)

Tissues (box 200) 3 boxes per person per week

Paracetamol (box 20) 1 box per adult per week;

Paracetamol (suspension) 50mls per child per week

Disinfectant (2 litres) 1 bottle per 15 people per day

Janola (2 litres) 1 bottle per 15 people per day

Cleaning fluid (1 litre) 1 bottle per 15 people per day

Toilet paper minimum 2 rolls per person per week

Paper towels (2 packets per person over 3 weeks)

Carton of Chux Cloths

Liquid soap/alcohol wash (1 litre)

100 Free Hours

Microsoft Office

Word

Excel

PowerPoint

Who: Adult Literacy PN

When: Mondays and Tuesdays 9am – 3pm

Where: Square Edge, Rear Courtyard, PN

Contact: 06 359 2615

Email: alpn@inspire.net.nz

Come in and see us

Adult Literacy
Palmerston North

A member provider of Literacy Aotearoa



Literacy Aotearoa
Choice Change Freedom

IS BEDWETTING MESSING UP YOUR LIFE?

A Free programme from MidCentral DHB is available to help solve bedwetting.

- Free community based service
- Regular nurse contact during the 12 week programme
- Alarm based and child-friendly programme
- For children 7 years of age or older.

Contact the Paediatric Continence Service at MidCentral Health on (06) 3509164 or call 0800 153 042 and your Public Health Nurse can arrange a referral to the programme. Alternatively, you can ask your GP or practice nurse for a referral.

CHILD HEALTH SERVICE AND PUBLIC HEALTH UNIT

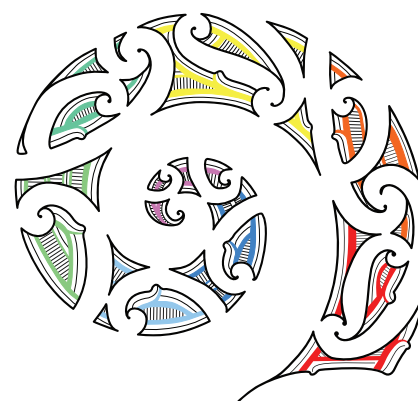


MIDCENTRAL DISTRICT HEALTH BOARD
Te Pae Hauora o Ruahine o Tairāroa

TOAM STOP SMOKING SERVICE

Te Ohu Auahi Mutunga (TOAM) stop smoking service is a free MidCentral DHB regional service offering support for people wanting to have a quit attempt.

They support any person who smokes and run a free 4-6 week program. The service also has a dedicated Quit Smoking Coach who can work with people who smoke and their whānau to support them to become smokefree. The service provides individual support or group sessions. TOAM can be contacted on 0800 40 50 11 or toam@tewakahuia.org.nz



TOAM
Te Ohu Auahi Mutunga

NOT REGISTERED WITH A GENERAL PRACTICE (GP)?

The GP Waiting List Enquiry Service is for people wanting to enrol with a medical practice and for general medical practice enquiries.

Please call 0800 55 56 57

<https://www.thinkhauora.nz/general-practices>

BLUEBERRY BANANA SMOOTHIE

Serves: 2

Preparation: 5 minutes

Cooking: none

Ingredients

- 1 cup low-fat vanilla ice cream
- 1 cup blueberries
- 1 banana
- ½ cup unsweetened pineapple juice
- ¼ cup low-fat vanilla yoghurt

Method

- Place all ingredients in blender
- Cover and mix until smooth, about 30-45 seconds



FUNDAPEN

Allergy NZ is a 35-year-old national charity that aims to improve the quality of life for New Zealanders living with allergies by providing evidence-based information and support.

FUNDAPEN™ Key Facts

- EpiPen® auto-injectors are available through the FundaPen™ initiative from Monday 11 November, 2019.
- 1 FREE EpiPen® per eligible patient.
- To obtain a FREE EpiPen® auto injector, families will need to visit their family doctor.
- The exclusive distributor is AllergyPharmacy.co.nz.
- Every patient eligible for this offer needs to be doctor-diagnosed with an allergy that puts them at risk of anaphylaxis.
- Each recipient needs to receive an Action Plan and education in the use of the EpiPen® and how to manage their allergy to avoid anaphylaxis.
- AllergyPharmacy.co.nz will dispense each EpiPen® back to the GP who prescribed it under the FundaPen™ programme, NOT direct to the patient as they would normally.
- We are able to fund 2,500 EpiPen® auto-injectors under this initiative. Because of the challenges of access, this initiative is specifically targeted at children between the ages of 2 and 18 years who are Māori, Pasifika, live in a quintile 5 region or hold a Community Services Card.

For more information contact your school public health nurse who can advise you of the process in more detail.



SAFE MEDICINE USE

Each year, hundreds of children are treated in emergency departments in New Zealand hospitals after finding and ingesting medicine, or after accidentally being given the wrong amount. Learn more on how to keep children safe by practicing safe use, storage and disposal of medications.

Store Medicines Safely

Here are a few simple tips for safe medicine storage:

- **Choose a Safe Spot:** Find the safest place to keep your medicines. The location should be up high and out of the sight and reach of young children. Use child-resistant latches for extra protection.
- **Lock the Child-Resistant Cap:** Always relock the child-resistant cap on medicine bottles. If the bottle has a locking cap that turns, twist it until you hear the click or cannot twist anymore.
- **Put Medicines Away:** After locking the child-resistant cap, it's important to put medicines back in their safe storage location.
- **Remind Guests:** Ask family members and other visitors to keep purses, bags, or coats that have medicine in them up and away and out of sight when they are in your home.

Use Medicines Safely

Dosing errors often bring children into the emergency department. Here are five simple tips for safe dosing:

- **Know the Dose:** Read all the information on the medicine label and follow the directions. Keep the medication in its original package or container.
- **Measure the Right Amount:** Always measure your child's dose using the dosing device that comes with the medicine.
- **Use the Right Tool:** If you do not have a dosing device, ask your chemist for one. Do not use household spoons to give medicines to children.
- **Supervise:** Watch and observe your child taking the medicine. Try to ensure they swallow the entire dose.
- **Get Questions Answered:** If you do not understand the instructions on the label, or how to use the dosing device, talk to your pharmacist or doctor before giving the medicine.

Dispose of Unwanted Medicines

Clean out your medicine cabinet regularly and get rid of unused and expired medicines. Unused or out dated medicine should not be flushed down the toilet or put out in the rubbish. Return them to a pharmacy for safe disposal.



REMEMBER TO BE S.A.F.E

SStore all medicines and chemicals in their original containers and up high and out of reach of children

AAsk your chemist for child-resistant caps on medicines – there may be a small cost

FFollow the dose instructions using an accurate dosing device, not household spoons

Ensure you read and understand the safety instruction on the medicine or chemical

IN THE CASE OF POISONING CALL 0800 POISON (0800 764 766)



PUBLIC HEALTH NEWS FOR SCHOOLS

PUBLIC HEALTH NEWS FOR SCHOOLS ONLINE.
You can access 'Public Health News' from the MidCentral District Health Board website: <http://bit.ly/1QWrrll>

This latest issue, as well as back issues, are available on the website. So if you remember seeing an article that was of interest and you'd like a copy, it is now only a click away.

QUOTE

"It is health that is real wealth and not pieces of gold and silver."

— Gandhi

CONTACTS

Public Health Services
200 Broadway Avenue
Palmerston North
0800 153 042

**Health Protection Officers
Health Promotion Advisors**
200 Broadway Avenue
Palmerston North
0800 153 042

**Public Health Nurses
Vision & Hearing Technicians
Health Information Resource Centre**
200 Broadway Avenue
Palmerston North
0800 153 042

Child & Adolescent Oral Health
Rimu House
Community Health Village
Palmerston North Hospital
Phone (06) 350 8619
or 0800 825 5833

**Public Health Information Resource Centre
Resources at Rata
Rata House
Community Health Village
Palmerston North Hospital
Phone (06) 350 9110
Fax (06) 350 9111
E-mail: public.healthinfo@midcentraldhb.govt.nz**

Please email any comments about the newsletter, and ideas for future articles (including health and wellbeing initiatives your centre would like to share) to: pam.owen@midcentraldhb.govt.nz. For any enquiries please phone 0800 153 042
- we are happy to provide you with information and answer any questions you have.