



# Public Health South Resource Centre Newsletter

APRIL 2010



## The Resource Catalogue in print and online

*The Health Education Resources Catalogue* was published late February. This portable, quick-reference resource backs up the online catalogue at [www.healthed.govt.nz](http://www.healthed.govt.nz)



**The Ministry of Health invites your input on improving HealthEd by taking a couple of minutes to answer 12 short questions in an online survey. You'll find a link to the survey on the HealthEd home page at [www.healthed.govt.nz](http://www.healthed.govt.nz)**

*If you have not received a copy of the catalogue please contact our Dunedin Resource Centre or our Invercargill office*

**REVISED**

## HE1221 Protect Your Child poster

This poster now includes the schools-based vaccination for twelve-year old girls.



*Information about cervical cancer, HPV, and the cervical cancer vaccine; links to other helpful websites; and downloadable PDF files of the key HPV resources are available at [www.cervicalcancervaccine.govt.nz](http://www.cervicalcancervaccine.govt.nz)*

### **To order resources please contact:**

**Judy Sibbe - Resource Coordinator**  
Public Health South - PO Box 5144  
DUNEDIN 9058  
Main Block, Level 2  
Wakari Hospital, Taieri Road,  
DUNEDIN 9010  
Email: [judy.sibbe@phsouth.co.nz](mailto:judy.sibbe@phsouth.co.nz)  
Phone: 03 476 9800 ext 5870  
Phone: ddi 476 9870  
Fax: 03 476 9858

Ministry of Health resources can also be ordered online at [www.healthed.govt.nz](http://www.healthed.govt.nz)

### **A selection of resources are also available from our offices in Invercargill and Queenstown**

Public Health South  
92 Spey Street  
INVERCARGILL  
Phone: 03 211 0900  
Fax: 03 211 0899

Public Health South  
Suite 2, Level 3  
Building 7  
Hawthorne Drive  
Remarkables Park  
Frankton, QUEENSTOWN  
Phone: 03 450 9156  
Fax: 03 450 9169



# 31 May - World Smokefree Day



**‘Me mutu – kia kaha / Give quitting a go – you can do it!’**

**The focus for World Smokefree Day 2010 is all about giving quitting smoking a go – and friends, families and workplaces supporting those who want to quit.**

## Why give quitting a go?

- It is beneficial to stop smoking at any age – the earlier smoking is stopped, the greater the health gain.
- Quitting can improve your physical fitness, mental alertness, and spiritual awareness.
- By attempting to quit and not smoking it will make you a positive role model for children/tamariki – and make it less likely they will start smoking.
- Giving up smoking is like getting a pay rise – in a year you save about \$3800 if you smoke 20 a day.
- Quitting can improve your appearance – as smoking starves your skin of oxygen making it dry and grey, and the tar stains your teeth and fingers.
- Quitting smoking is a challenge – once you have set the goal to quit and succeeded, you will feel really proud of yourself. Quitting empowers you to take on other challenge

***The following resources are available to support people who want to quit***

• **HE10106 The Quit Book**

For people who have made the decision to give up smoking



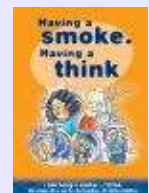
• **HE10144 Want to Stop Smoking? Poster**

Advertising Quitline.



• **HE10141 Quit Cards** with the four D's for giving up smoking

• **HE10142 Quit Magnets** with the four D's for giving up smoking



• **HE1109 Having a Smoke ....Having a Think booklet**

For smokers thinking about giving up smoking.

• **HE1807 He Ora Oranga / A Journey to Wellbeing booklet**

Encouraging those who wish to quit smoking or to help members of their whānau to do so, with advice on handling difficulties and challenges, including relapses.



• **HE1605 Relapse / Matahoki booklet**

“I thought I had quit smoking, but ...” for use with relapsed smokers



### Useful Websites:

World Smokefree Day - [www.worldsmokefreeday.org.nz](http://www.worldsmokefreeday.org.nz)

Smokefree Schools - [www.smokefreeschools.org.nz](http://www.smokefreeschools.org.nz)

Smoking - Not Our Future - [www.notourfuture.co.nz](http://www.notourfuture.co.nz)

Quitline - [www.quit.co.nz](http://www.quit.co.nz)



# ABC for Smoking Cessation

Debby Newton and Julie Laurenti, Otago and Southland primary care smokefree coordinators, will be visiting general practices re ABC.



The resources listed for World Smokefree Day support smoking cessation

Available soon

Disease	Signs and symptoms	Prevention	Treatment
Cholera	Watery diarrhoea, vomiting, dehydration	Safe drinking water, hand hygiene	Oral rehydration solution, antibiotics
Diphtheria	Sore throat, white patches in the throat, difficulty breathing	Vaccination	Antibiotics, antitoxin
Scarlet fever	Sore throat, fever, red rash	Vaccination	Antibiotics
Whooping cough	Severe coughing fits, 'whooping' sound	Vaccination	Antibiotics
Measles	Fever, cough, runny nose, red spots on the face and body	Vaccination	Supportive care
Mumps	Swollen salivary glands, fever, headache	Vaccination	Supportive care
Polio	Weakness, paralysis	Vaccination	Supportive care
Rotavirus	Diarrhoea, vomiting	Hand hygiene	Supportive care
Shingles	Painful, itchy rash	Antibiotics	Antiviral medication
Strep throat	Sore throat, fever, swollen lymph nodes	Hand hygiene	Antibiotics
Tuberculosis	Cough, chest pain, weight loss, fever	Hand hygiene, cough etiquette	Antibiotics
Uncomplicated urinary tract infection	Burning when urinating, frequent urination	Hand hygiene	Antibiotics
Uncomplicated vaginal infection	Itching, discharge	Hand hygiene	Antibiotics
Uncomplicated bacterial conjunctivitis	Red, itchy, swollen eyes, discharge	Hand hygiene	Antibiotics
Uncomplicated viral conjunctivitis	Red, itchy, swollen eyes, discharge	Hand hygiene	Supportive care
Uncomplicated bacterial meningitis	Stiff neck, fever, headache, vomiting	Vaccination	Antibiotics
Uncomplicated viral meningitis	Stiff neck, fever, headache, vomiting	Vaccination	Supportive care
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## Infectious Diseases

REVISED

- HE1214 A2 poster
- HE1215 A4 double sided cards

These popular resources provide information on twenty-one childhood diseases. The cards and posters have been revised and are now expected mid to late May. If you already have these on back order they will be sent to you when available.

REVISED

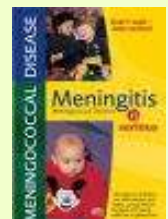
HE4874

### Ka Taea To Tamaiti te Rongo / Can Your Child Hear? Poster



This bilingual poster is a reminder to check for signs of hearing difficulty, including glue ear in children and to discuss any concerns with health professionals.

REVISED



HE1303

### Meningitis is Serious

This pamphlet provides information in English about symptoms of meningococcal disease and what actions to take.

**NEW**

**Available soon**

## Well Child Vision and Hearing Screening

Four new brochures (two each about hearing and vision screening) support the eighth of the Well Child core visits, for four-year-olds. These resources can be viewed at [www.moh.govt.nz/b4schoolcheck](http://www.moh.govt.nz/b4schoolcheck) and will be available soon as HealthEd resources.

**If in doubt – check it out!**

***Keeping an Eye on Your Child's Vision, HE2278***, and ***Keeping an Eye on Your Child's Hearing, HE2276***, explain the vision and hearing screening procedures for four-year-olds. At this age, the vision screening procedure checks for amblyopia (lazy eye) rather than for all vision problems. Hearing screening picks up most hearing conditions. Each brochure emphasises the need for parents and whānau to follow up on any signs of problems in their child's vision or hearing.

### What to expect if your child is referred



***Referral for a Full Vision Assessment, HE2279***, and ***Referral for a Full Hearing Assessment, HE2277***, explain how to organise an appointment for a child who needs further assessment. Each pamphlet explains what is likely to happen at the appointment and after it. For further information about vision and hearing screening, or to download the vision brochures translated into several community languages, visit the Ministry of Health website [www.moh.govt.nz/b4schoolcheck](http://www.moh.govt.nz/b4schoolcheck)



***The hearing brochures are also being translated into several community languages.***

**REVISED**

## SEXUAL HEALTH RESOURCES

**Available soon**

The text in each of these pamphlets about sexually transmitted infections is being updated, but the pocket format will be retained and the design will not change.

The three pamphlets are:

- HE1442 What is Gonorrhoea?
- HE1444 What are Genital Warts?
- HE1445 What are STI Tests?

