



Public Health South Resource Centre Newsletter

AUGUST 2009



Safe drinking water supplies

A final DVD completes a set of five intended mainly for health professionals working with suppliers of drinking water or the wider community.

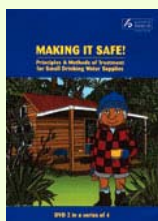
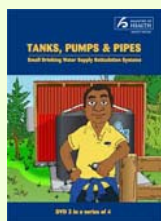
- **HE2109 - When It All Hits the Fan: How Outbreaks Can Occur in Small Drinking Water Supplies**



This DVD looks at the uncomfortable or dangerous consequences of water-borne gastric infections. It also outlines how sources of contamination are investigated and remedied. It uses animation of real life scenarios and a good dose of humour to deliver the message.

The four earlier DVDs are:

- **HE1815 - Don't Bug Me: Pathogens & Pathways in Drinking Water Supplies**
- **HE1818 - Making It Safe! Principles & Methods of Treatment for Small Drinking Water Supplies**
- **HE1904 - Tanks, Pumps & Pipes: Safe Drinking Water Supply Reticulation Systems**
- **HE1905 - Checking It Out: Sampling and Monitoring of Small Drinking Water Supplies**



To order resources please contact:

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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

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

Breastfeeding Resources

HE2098 Breastfeeding Your Baby

This popular booklet has been reissued as a health education resource. Appealing illustrations and clear, simple suggestions cover the nursing relationship, why breast milk is a baby's best food, different ways to hold the baby, how to ensure the baby is on the breast in the best way, frequency of feeds, and further help.



This booklet is also available in the following languages:

HE2099 - Te reo Māori

HE2102 - Chinese
HE2103 - Korean

HE2101 - Tongan
HE2100 - Samoan



HE 2106 Breastfeeding and Working



This pamphlet has also been reissued as a health education resource. It sets out the advantages of breastfeeding, explains how to manage breastfeeding at work, including how to express breast milk, and offers several brief stories in which women describe how they managed breastfeeding after returning to work.

This booklet is also available in the following languages:

HE2107 - Samoan

HE2108 - Tongan



HE9011 Fast Free Food for Babies - postcard

HE9003 Fast Free Food for Babies - poster



OUT OF PRINT RESOURCES

- HE9015 Breastfeeding You Can Do It booklet
- HE1231 Changing Smoking in Pregnancy pamphlet
- HE6013 It's Cool, It's Stink pamphlet
- HE1104 Life's a Game of Two Halves poster
- HE8035 My Baby Will be Maori and Smokefree pamphlet
- HE4172 Rubella and Women leaflet
- HE1217 This is My Baby - Smokefree DVD

REVISED



HE1107 Immunisation Guidelines for Kura Kaupapa
Information about immunisation for staff of kura kaupapa Maori.
Revised for 2008 schedule change and brought back into stock



HE1717 Getting Ready for a Flu Pandemic - English
HE1913 Getting Ready for a Flu Pandemic - te reo Maori
This pamphlet no longer refers to a particular flu strain.



HE1707 You and Your Teenager - Samoan
HE1709 You and Your Teenager - Tongan
HE1710 You and Your Teenager - Cook Island Maori
Information about safe sexual practices, for parents and caregivers to share with teenagers



NEW

HE2111 Hepatitis B Fact sheet



As well as explaining what Hepatitis B is, this fact sheet describes how it can be spread, how chronic infection is managed, vaccination as a precaution against Hepatitis B, and how to deal with telling other people when you have a chronic infection.

HEALTH ON THE GO - GO LOWFAT

This flyer from the Auckland Regional Public Health Service illustrates healthy options to takeaway foods





HANDWASHING RESOURCES

Three items have been added to the national public health resource set. The High Five resources promote good hand washing and drying habits, especially for young people. The resources were originally developed by the Northland District Health Board.

The high five approach recommends a 20/20 rule: 20 seconds of soaping and rinsing and 20 seconds of thorough drying. The brightly coloured A2-sized poster and a sticker for above the basin spell out the 20/20 rule. A further sticker to go on or near bathroom door is aimed at stopping anyone who has forgotten to wash their hands.



HE2201

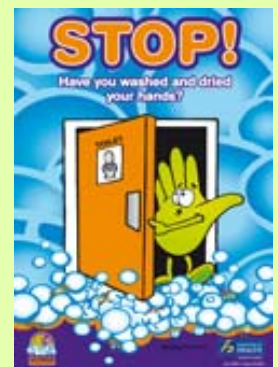
High five for Clean Hands - poster

Explaining and displaying the 20 seconds to lather and rinse, 20 seconds to dry routine for cleaning hands

HE2202

Stop ! Have You Washed and Dried Your Hands - sticker

Bathroom sticker to remind people to wash their hands after using the toilet



HE2203

High Five for Clean Hands - sticker

Explaining and displaying the 20 seconds to lather and rinse, 20 seconds to dry routine for cleaning hands