


HealthNews

NELSON MARLBOROUGH HEALTH WWW.NMDHB.GOVT.NZ NELSON (03) 546 1800 MARLBOROUGH (03) 520 9999 AUGUST 2016

Flu vaccines are available until the end of August




GET IMMUNISED

The flu vaccine is FREE for people over 65 years, pregnant women and for people with some medical conditions.

Available through your general practice
0800 IMMUNE (0800 466 863)
and www.fightflu.co.nz

Influenza.
Don't get it.
Don't give it.



Stay well this winter



Although it has been a fairly mild winter so far, there's still plenty of cold weather ahead. But winter needn't be the unhealthiest time of the year for you and your family. Here's five tips to help you stay healthy and fit through winter.

- Get a good night's sleep
- Get a 'flu vaccine, and wash your hands regularly
- Eat a varied balanced diet and watch your alcohol consumption.
- Stay hydrated - drink water and soups
- Stay active. Exercise boosts your defence system

The draft Health of Older People Strategy – have your say.

Everyone is ageing and wants to age well. The Health of Older People draft strategy sets out the direction we need to take now and in the longer term to ensure older people live well, age well and have a respectful end of life in age-friendly communities.

Many people and organisations with a stake in how we maintain and improve the health older people were involved in writing the draft strategy. Now it is your turn to have a say.

To read the draft strategy and find out how you can make a submission go to health.govt.nz/health-older-people-strategy-update



The closing date for submissions
7 September 2016.

Stay safe



Just as you need to keep your body in good shape to cope with winter, the same goes for your car. Don't forget to check your battery and antifreeze, and take time to remove any frost from your windows before you set off.

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BOARD TALK



Immunisation is about building resistance - both individual and community resistance. Vaccines help our body's immune response to be stronger when it's exposed to illness, whether it's flu, measles, or mumps. The more people vaccinated, the better our community is protected. Think of it as a herd effect. Some illnesses have not been seen in the last few decades and this has allowed us to forget just how bad they are. Nasty diseases have less chance of dominating if people are vaccinated. Without sounding dramatic, while

the diseases are bad, the complications can be worse. Do the right thing for you, your whanau and the community and get vaccinated. Keep warm this August, it's our coldest month.

Jenny Black

Jenny Black, Chairman
Nelson Marlborough Health