

Free chickenpox immunisation for kids

Free chickenpox vaccines are now available for 15-month-olds, and 11-year-olds who have not had the disease.

Chickenpox is very easily spread and unless vaccinated against it, most people will catch it when they are children. Chickenpox causes an itchy, blistering rash. However, there's a higher risk of serious illness for adults with chickenpox with complications including scarring, skin infections, pneumonia, eye damage, swelling of the brain and kidney problems.

For this reason, children turning 11 years of age who have neither had chickenpox nor been immunised are now eligible for the free varicella (chickenpox) vaccine.

Contact your GP or Healthline (0800 611 116) for further advice.



A career in the health sector

Find out about career opportunities (and what working in the health sector is really like) at the 2017 Health Careers fair.

You can and attend one-hour workshops in various areas and talk to health experts about their journey.

There are limited spaces so register now through your career advisor.

Blenheim: 23 August
9am-12pm. Wairau Hospital,
Arthur Wicks seminar room,
level 1

Nelson: 28 August,
9am-12pm. Braemar Campus,
seminar room.



NEED TO TALK?

1737

free call or text any time

Talk to (or text with) a trained counsellor.
The service is completely free

LET'S *talk* ABOUT... Stroke

A stroke happens when the blood flow to part of the brain is impaired. It happens when a blood vessel is blocked or bursts. A stroke can affect a person's ability to walk, talk, swallow, see, read or do things they were able to do before the stroke.

Some people make a speedy recovery and return to their normal lives. Others may have ongoing disabilities. Although strokes often happen to older people, anyone can have a stroke.

Stroke is largely preventable. You can reduce your risk of stroke by:

- Checking your blood pressure and cholesterol level
- Not smoking
- Reducing your salt and alcohol intake
- Moving more and maintaining a healthy weight

Recognising when someone is having a stroke is important so they can get urgent treatment. Think FAST.

If you get to hospital quickly there is potential for treatment to reverse stroke damage.

Dr Suzanne Busch

Specialist Physician and Geriatrician

SIGNS OF STROKE



THINK FAST

If you see **ANY** of the signs, **call 111 immediately.**

stroke.org.nz

STROKE FOUNDATION NZ

hpa health promotion agency

MINISTRY OF HEALTH