

Whooping cough on the rise

An outbreak of whooping cough has started across the Nelson, Tasman and Marlborough district. Whooping cough, or pertussis, affects people of all ages and can be very serious for infants.

The best thing to do is to keep your vaccinations up to date - these are free for children and pregnant women. Contact your doctor or practice nurse if you are unsure whether you or your family have been vaccinated, and book in if they haven't.

Whooping cough is very easily spread in the air when an infected person sneezes or coughs. So it's important you act quickly and get it treated. See our website for the symptoms www.nmdhb.govt.nz

If you suspect you or your child has whooping cough, call your GP or Healthline on 0800 611 116.



'Make it a mocktail for me'.

If you are entertaining this holiday season, have a go at creating tasty, attractive mocktails as a good non-alcoholic option. Alongside plain water, at your next brunch, dinner party or special event, serve a mocktail. Try this recipe to get you started.

Lemon Lime Delight

½ cup lite lemon lime and bitters syrup
2 tablespoons lime juice
3 ½ cups of soda water (or swap with still water).

Mix all ingredients. Add ice and garnish.

For more mocktail recipes see www.nmdhb.govt.nz/mix-and-match



Save ED for Emergencies



Where should I be?

www.nmdhb.govt.nz/where-should-i-be

If you are injured or unwell, visit your GP (doctor) or the Medical & Injury Centre, the orange building next to the Emergency Department at Nelson Hospital on Waimea Road.

The Medical & Injury Centre is open 8am to 10pm.

You can also talk to a pharmacist or call Healthline on 0800 611 116.

In an emergency call 111 for an ambulance.

For further options for healthcare see www.nmdhb.govt.nz/where-should-i-be

LET'S talk ABOUT... drinking responsibly

Kiwis are great hosts but keep your eye on the ball to ensure while you're being great, you're also being responsible.

Many of your guests will be looking for enticing alternatives to alcohol so they can celebrate while not overdoing it.

When planning your celebration, give equal status to non-alcoholic options. There is a huge range available in stores, in single serves or as mixes. Don't rely on the usual fizzy choices - make drink options tempting, add loads of ice and garnish.

Always have water on offer as well. From tap to fridge, with ice is nice. Water is a zero calorie, no-sugar thirst-quencher.

Check out the mocktail recipe on this page, then get creative and enjoy!

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