

MEDIA RELEASE

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Your healthcare options during the holiday season

Nelson Marlborough Health (NMH) is running a campaign to help people get the healthcare they may need over the holiday season.

The updated 'Your Healthcare' webpages on the NMH website outline the options people have for healthcare in the region, ranging from self-care and first-aid, to emergency care.

The campaign draws attention to the website information as well as providing an overview of healthcare options. The campaign comprises low-cost social media, advertising in visitor information guides, community newspaper advertising and use of NMH billboards.

The main objective of the campaign is to help people get the care they need, but it also builds on previous year's efforts to encourage people to 'save ED for emergencies'.

Injured or feeling unwell? Where should I be?

People with non-life threatening, short-term illnesses or health problems should see their GP, pharmacist, urgent care medical centre or phone Healthline on 0800 611 116 in the first instance.

It's free to register or enrol with a GP, and enrolled patients pay a reduced consultation fee at that practice.

Visitors to a medical centre where they're not enrolled, will pay less if they have a Community Services Card or High Use Health Card.

Recent changes mean all children under 14 are now eligible for free general practice visits, both during the day and after-hours, at participating clinics.

If people are not able to see their GP they should go to the Urgent Medical and Injury Centre in Nelson or the Urgent Care Centre in Blenheim.

Patients can be referred from these centres for x-rays if required.

There is more information about 'Your Healthcare' on www.nmdhb.govt.nz/healthcare The Nelson Marlborough Health website also includes [Your Smart Summer Guide](#) which has information on how

Pharmacists are part of your healthcare team

A community pharmacist is often able to assist with non-urgent injuries or illnesses, such as sprained ankles, sunburn, or hay fever – situations that are uncomfortable but not life-threatening.

A pharmacist can also give advice on the emergency contraception pill, emergency supplies of ongoing prescription medicines and first aid.

www.nmdhb.govt.nz/where-should-i-be has a list of pharmacy opening hours over the Christmas and New Year holiday period.

to keep safe while living in the sun; avoiding food poisoning; water safety; driving tips and supporting good mental health and wellbeing.

There is also information on [The Plan](#), a new initiative designed to delay teen drinking and reduce the supply of alcohol by parents to under-18s.

Ends

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