



Petone Medical Centre

Partners in healthcare in your community

Newsletter March 2020

To ease the stress on our front line staff please use Manage My Health to book appointments with either the doctor or one of our nurses (Catherine, Melissa, Carley or Ruth).

If you have not signed up yet – please ask at reception next time you are here.

If you are wanting to order a prescription this can also be done on Manage My Health or on our Script Phone Line 049399868 – select option 1

Coronavirus – COVID19

DO NOT COME IN TO SEE US – PLEASE PHONE 0800 358 5453

As you will be aware this is an ongoing situation that is changing daily. Please keep up to date with information posted on our Facebook page. This is the quickest way for us to get information to you. Further information is available on the Ministry of Health website.

If you or a family member has recently returned from overseas and is unwell with flu-like symptoms please phone the dedicated Ministry of Health hotline on **0800 358-5453**.

Flu Vaccines

If you are aged 65 or over, pregnant, or have a health condition such as diabetes or heart disease that puts you at greater risk of influenza, you can get vaccinated free from 18 March 2020, at a general practice or vaccinating pharmacy.

For everyone else, influenza vaccination will be available from 13 April 2020.

Children may also be vaccinated. If your child is under 9yrs and has not previously been vaccinated against flu, they will need 2 vaccinations (4 weeks apart). Some children will be eligible for free vaccination.

If you do not qualify for a free vaccination the cost is \$35.00.

Winter Wellness

There are ways to decrease your chances of becoming ill over winter and also decrease the chance of spreading illnesses to other people.

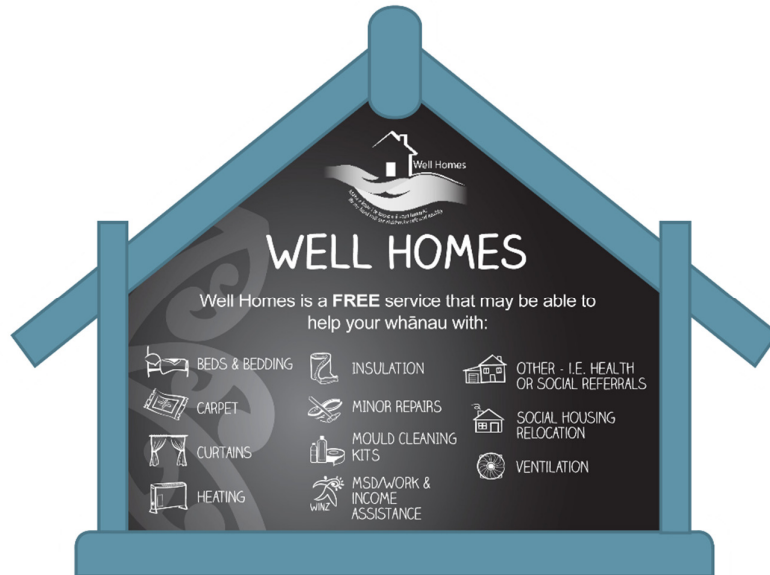
- * If you are unwell, stay home and avoid public places.
- * If your symptoms are mild, do not come into the medical centre or hospital. Take paracetamol as required, drink plenty of fluids and rest.
- * Maintain good hand hygiene, and avoid touching your mouth, nose and eyes.
- * Cough and sneeze into your elbow.

If symptoms persist please phone us.

Medications

A reminder: please ensure you order your repeat prescriptions in plenty of time to ensure you don't run out of medication – this is particularly important if you require respiratory inhalers. Regular prescriptions are available 48 hours after ordering to allow the doctors sufficient time to process the request.

Well Homes



If your home is cold and/or damp, we can provide a referral to Well Homes who may be able to assist you.

The Well Homes team carries out assessments with the family in their home and identifies needs which may include structural damage or safety, insulation, heating and curtains as well as provide education around ventilation and how to reduce, treat and prevent mould.

Please contact us for further information.

Manage My Health - 24/7 Access *Download the phone App now*



Have you downloaded the Phone App yet? This allows you to have access to your medical information wherever you go.

Remember to use Manage My Health to

- Book Appointments
- Order Prescriptions
- See Test Results
- Email your doctors with brief information **PLEASE NOTE:** This feature CANNOT be used in place of a consultation.

Please ask for a Registration form next time you are here.