



The importance of sleep



Sleep is essential for children's growth, development and for restoring energy. It helps promote good behaviour, learning, wellbeing and a healthy weight.

Recommended total amount of sleep: **4-11 months:** 12-15 hours per day

1-2 years: 11-14 hours per day, including at least 1 daytime sleep

3-4 years: 10-13 hours per day

Each child's sleep is different, some toddlers will wake more often than others during the night. It is normal for children to have daytime naps until 3 to 5 years old.

Tips:

- ✓ Have a regular bedtime and wake up time
- ✓ Have a consistent bedtime routine to help the brain wind down
- ✓ Ensure the sleep environment is comfortable, warm, quiet and dark
- ✓ Keep digital screens away from bedrooms
- ✓ Ensure children are active and outside throughout the day

Check out the MoH's Sit Less, Move More, Eat Well: Active play guidelines for under-fives at www.health.govt.nz

For more information, visit sleephealthfoundation.org.au

Their best protection Hei tiaki pai i a rātou

Don't be late!
Be up-to-date!

ārainga mate
immunise

FREE child immunisations

6 weeks

3 months

5 months

12 months

15 months

4 years

For more information, call **0800 IMMUNE (466 863)** or after hours Healthline on **0800 611 116**

Where should I be?



For more information visit www.manageme.org.nz

Does gout affect the things you like to do - going to work, playing with your kids, playing sport, doing kapa haka? Would you like to learn more and get support to help keep your gout under control?

If this is you, think about joining the **GOUT STOP Programme:**

- 3 month programme
- Prescribed gout medicines – for acute attack and prevention
- FREE prescriptions while on the programme*
- FREE uric acid testing to check your levels are coming down
- Continue support and/or re-enrol if your target's not met after 3 months.
- 2 free visits to your General Practice*
- Medication dispensed in blister packs for the first 3 months
- Ongoing education and support from your pharmacy
- GOUT STOP Kaiawhina available for support by referral

*Please note: Free GP visits and prescriptions are based on meeting criteria

Talk to your GP/nurse, pharmacist or call the GOUT STOP kaiawhina: **0800 GOUT STOP** or **027 264 9914** or email hmeihana@wrhn.org.nz for more information.



Flu season is just around the corner. For some people, the vaccine is strongly recommended and FREE because they are most likely to get very sick or even die if they catch flu.

If you're **65 years & older** you are eligible to get your **FREE Flu vaccination now.**

- Immunisation against flu provides older people with some protection against getting the disease, and if you do get flu, can make the symptoms less severe.

Flu vaccinations are also free for:

- Pregnant women (at any time during pregnancy). Getting a flu vaccine when you are pregnant protects two high-risk people with one vaccine dose – you and your baby. Your antibodies are shared with your baby so that when they are born they have some protection against flu for the first few months of life.
- People aged under 65 years (including children) with diabetes, most heart or lung conditions and some other illnesses
- Children aged 4 years or under who have had a stay in hospital for measles, asthma or other breathing problems.

Please note: Everyone aged from 6 months of age is recommended to get a flu vaccination EACH year to protect themselves and to reduce the spread of flu.

For more information, talk to your doctor, nurse or pharmacist, or call **0800 466 863.**

Some people with flu don't get sick but can still pass flu to their whānau



Treasure our Whānau

ARE YOU LIVING WELL WITH DIABETES?

Enrol in a **FREE self-management programme**

You'll get helpful information, discussion with others who have diabetes, an opportunity to put an action plan into place, and much more.

Our next programme starts at **9.30am on 30 April at Gonville Health Community room.**

Talk to your health provider about a referral or contact facilitator Mary Hirini for more information and to enrol. Phone/text **029 222 5388** or email mhirini@wrhn.org.nz

DIABETES

Wash hands with this

COVID-19 Coronavirus

Sneeze here



COVID-19 Vaccine rollout at a glance

Vaccinations have started in the Whanganui rohe. The rollout plan is simple. Everyone aged 16 and over falls into one of four groups. Those at greatest risk of picking up the virus in their workplace will be vaccinated first, followed by those most at risk of getting seriously ill or dying from COVID-19.

Te Roopu Tuarua - Group 2

High risk frontline kaimahi & high-risk whānau



- High risk frontline workers/kaimahi.
- Anyone living in long-term or aged residential care.
- Māori and Pasifika kaumātua and their whānau who care for and/or live with them.

Te Roopu Tuatoru - Group 3

Those at risk of getting very sick from COVID-19



- People aged 65+, people with relevant underlying health conditions and the disabled.
- Māori and Pasifika with underlying health conditions and their whānau who live with them.

Te Roopu Tuawha - Group 4

Everyone in Aotearoa aged 16 and over



- Everyone aged 16 years and older.

There will be a range of places and different options to make getting a vaccine easy. These will include; Māori and Pasifika providers, medical and hauora centres, community clinics, pop-up centres, some general practices and larger scale events.



These dates and timings are approximate and may change. There will be information on TV, radio, in the newspaper and over social media letting you know when it's your turn to get a vaccine. In the meantime email Covid19@wdhb.org.nz or phone 027 229 0982 for more information.

The most common COVID-19 Vaccine FAQs

We do not have COVID-19 here! So why should my whānau and I get the vaccine? What are the benefits?

Any vaccines strength is in numbers. The more of us who get vaccinated, the stronger and safer we will all be. It will give us freedom in our daily lives and more options for our whānau, our businesses, and our country.

The vaccine has not been around long. How do we know it's safe?

The Pfizer vaccine has been approved by our own Medsafe experts. It has also already been approved and successfully used all around the world by millions of people and thousands here in New Zealand too.

Does the vaccine cover the UK and South African strains?

Yes. Evidence shows the Pfizer vaccine gives some protection against both strains.

How does the Pfizer vaccine work?

The vaccine works by teaching your body's immune system to recognise pathogens (disease causing organisms) without causing illness to the body's immune system. It then remembers this pathogen and when/if the infection occurs later, the body will remember this and fight the infection faster.

Will it change my DNA and can it give me COVID-19?

No. The main active ingredient is mRNA which does not enter a cell's nucleus and cannot change your DNA. The vaccine will not give you COVID-19 as there is no virus being injected into your arm.

Do I have to get the vaccine?

Having the COVID-19 vaccine is voluntary, so it is your choice whether you have it or not. However, getting vaccinated is the best way to protect yourself, your whānau and the community from getting COVID-19.

If im hapū/pregnant, is the vaccine safe for me and my pepi/baby?

If you are hapū/pregnant or breastfeeding and would like the vaccine, please discuss this with your health provider first.

I have got mates who don't think they need it. They are young and healthy and eat lots of fruit and vegetables to build their immunity.

That is great however it will not prevent them from getting COVID-19. Being vaccinated and using common health hygiene measures daily will protect your mates and those close to them from COVID-19.

Is the vaccine free?

COVID-19 vaccines are free for everyone in New Zealand aged 16 and over. It does not matter what your visa or citizenship status is. Any information collected will not be used for immigration purposes.

Some of us are worried about side effects – what can we expect?

Like all medicines, the vaccine may cause side effects in some people. This is the body's normal response and shows the vaccine is working. The most commonly reported side effects are pain at the injection site, a headache, feeling tired and fatigued. You may not get any side effects at all.

Once I get the vaccine is it effective straight away? And do I need to have both doses or is one enough?

For the best protection it is important to get both doses. It takes about 3 weeks to build up immunity after receiving the first dose and about 7 days after the second dose, it is 95% effective.

Can I get the flu vaccine at the same time as my COVID-19 vaccine?

No. You will need to wait at least:

- 2 weeks between the Pfizer COVID-19 vaccine and influenza (flu) vaccine
- 4 weeks between the Pfizer COVID-19 vaccine and the Measles Mumps Rubella (MMR) vaccine.

Talk to your health provider if you are not sure.

If I want to travel overseas, will I have to 'prove' I've had the vaccine?

When you get your vaccinations, you will be given a card, which you are advised to keep with your passport.

Do we have to wear face coverings on public transport and social distance after having the vaccine?

Yes, we do for now, as not everyone can be vaccinated at the same time. Please continue to follow all Alert level 1 guidelines to help end the COVID-19 pandemic.



Stay home if you are sick



Wash or sanitise your hands



Cover coughs and sneezes



Wear a mask on all public transport if you are able



Wipe down all commonly used surfaces



If you have covid-19 symptoms, get a test



Use the NZ Covid Tracer app to sign in to locations; turn on Bluetooth