

Board Update



Pete Hodgson, Chair

With COVID swirling all around us, we can now see the extraordinary power of our community response.

Our vaccination rates are high; our hospitalisation rates are low. Thousands of lives have been saved - a result due largely to the community response New Zealanders have mounted.

In 2020, before vaccines were available, we had one of the world's most successful elimination campaigns. We washed our hands, kept our social distance, lived in our bubbles, and looked after one another. In 2021 Delta appeared and we were again successful in keeping it under control while we got ourselves twice vaccinated. As we entered 2022 we responded to the highly transmissible Omicron with the all-important booster dose, as well as vaccination for 5-11 year-old children.

Omicron is facing resistance because we have such high vaccination rates. We can measure that resistance; people who are vaccinated are about six times less likely to end up in hospital.

But the job is not done. Other vaccinations, especially for childhood measles, need attention. In a month or so the first cases of seasonal flu will appear – for the first time in three years – and the latest flu vaccine will become available at about the same time.

We have reminded ourselves of important lessons. Public health measures really matter; scientific advice has guided political decision making safely; prevention is better than cure; good vaccines are a blessing.

If you are eligible for your booster but haven't yet had it, today is a good time to act.

Toot toot! Get on the travel planning bus



Travel Planning Coordinator, Hamish Cameron

Hamish Cameron studied politics and economics before becoming a policy analyst.

"But I didn't have a lasting passion for tax policy."

Hamish found an education job, where his role in the organisation's Sustainability Committee got him thinking about sustainable choices – particularly sustainable travel.

"As someone who has an economics background, it's something that interests me. How do we use our limited resources to their best capacity?"

Hamish is now the Travel Planning Coordinator for the Southern District Health Board, the University of Otago and Dunedin City Council.

"My role is to implement the workplace travel plans that each organisation has developed or is developing, to help their staff travel more sustainably and actively to and from work."

Hamish says Dunedin's large employers have a role to play in changing the way people get around the city.

"Actions taken by one organisation will affect others. For example, if we can

improve parking utilisation within the university, which will take the parking pressure off the areas surrounding the university – which may reduce parking challenges for DHB staff."

By working together, the three organisations can also try new things.

"Between us we have several thousand staff, so there's a lot of people we can encourage into something new."

Changing habits is hard, but Hamish has some tips for anyone thinking of ditching the car and trying a different mode of transport.

"The first step is to give it a go, but it might also help to seek advice. If you haven't caught the bus for a long time, it might be quite different from how it used to be, so talk to someone who does it regularly."

Hamish himself walks the talk – or should that be, rides it?

"My preferred way to get around is on an ebike. I've got wet weather gear, so I can ride any day there isn't ice!"

Southern Heroes launched to support health care workers



Southern DHB Executive Director People and Capability Tanya Basel and Business South Chief Executive Mike Collins

Southern Health is proud to be a part of the collaborative initiative with the recently launched Southern Heroes support network.

Southern Heroes is a joint initiative developed in partnership with Business South, the Wanaka, Queenstown and Southland Chambers of Commerce, and Volunteer South. It provides a mechanism for local businesses and communities to

donate time to support Southern health care workers with non-clinical, non-contact tasks as they respond to rapidly increasing COVID-19 case numbers in the community during the current Omicron outbreak.

"We realise that the business sector is also under immense strain, but for those who are able to, we want to rally businesses and communities in the south

to support the heroes in our health system who are on the frontlines of this outbreak," says Mike Collins, Business South Chief Executive.

Southern Heroes helpers may be called on to fulfil a range of jobs, such as deliveries of food and supplies, supporting DHB staff childcare facilities, and manning call centres. Tasks will be allocated in line with helpers' skills and abilities, and in some cases subject to appropriate security checks.

Southern DHB Executive Director: People and Capability, Tanya Basel, says this community support will help local health providers focus on what they do best.

"The southern health system is much more than just the DHB – it is also our general practices, rural hospitals, pharmacies, primary health providers and aged residential care facilities. Joining the Southern Heroes network will support these services as they continue to provide care to our whānau and friends."

Businesses and community groups interested in becoming part of the Southern Heroes network can sign up online now at southernheroes.nz/

What to do when you have COVID-19 symptoms



Got any symptoms?

Cough Temporary loss of taste

Sneezing and runny nose Sore throat

Fever Shortness of breath



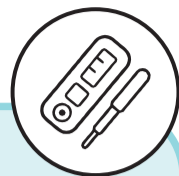
Organise a test and isolate from the rest of your household.

No symptoms?

Unless you are a household contact, you don't need to get a test.

Where to get a test

Get a test at a community testing centre. You can order a Rapid Antigen Test (RAT) online at requestrats.covid19.health.nz and collect from a collection site, which can be found on healthpoint.co.nz/covid-19



Do the RAT

- Follow the packet instructions.
- Results will be visible 15 to 20 minutes after you complete your test.



Positive result

For most people, COVID-19 will cause mild to moderate symptoms that can be managed at home.



Negative result

There's no need to isolate. Enter your result at My COVID Record. **Stay vigilant.**

Report your test result

1. Enter your positive RAT result at **My COVID Record** or call **0800 222 478**.
2. A text message will be sent to you within 24 hours with further information and support.

Let people know

Inform others your household has COVID-19 and is isolating, like regular visitors, your work, education provider or school.

How to self-isolate

- You and everyone who lives with you will need to isolate.
- Take common-sense precautions to avoid any contact with those you live with.
- Food and supplies must be delivered contactlessly.
- You can exercise outside your home in your neighbourhood, but not at any shared exercise facility, such as a swimming pool or gym.

Household contact

While isolating, your household contacts will need to be tested.

- If a household contact tests positive, they will need to self-isolate, starting from the day of their symptoms or positive test result.
- The rest of your household contacts can end their self-isolation at the same time as you.

Monitor your symptoms

Seek advice if symptoms get worse by calling Healthline on **0800 358 5453**. **If it's an emergency call 111 immediately.**



Extra support

Most people can manage self-isolation with support from whānau and friends, but there is help available if you need it. Go to workandincome.govt.nz or call the **COVID Welfare Line** on **0800 512 337**.

Financial support

If you can't work from home while you're self-isolating, your employer may be able to apply for the Leave Support Scheme to help pay your wages or salary, even if you are a part-time or casual employee.

For more information about testing positive, head to:



Covid19.govt.nz/positive