

Te Whatu Ora

Health New Zealand

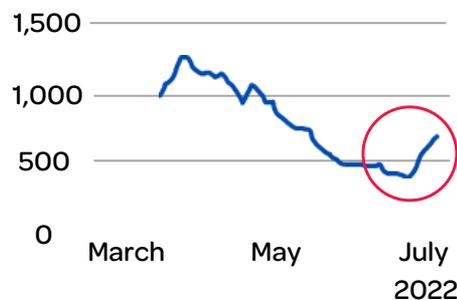
Southern

A Snapshot of Te Whatu Ora – Southern

It's been an incredibly challenging time for Te Whatu Ora – Southern, with a significant increase on our hospitals' capacity and resources, along with a substantial increase in COVID-19 in the Southern region.

We know this time can feel worrying and distressing, particularly for our loved ones who require our services. Rest assured, our number one priority is our patients and their safety, and we thank everyone for supporting our health care team to keep our community safe.

COVID-19 7 day moving average



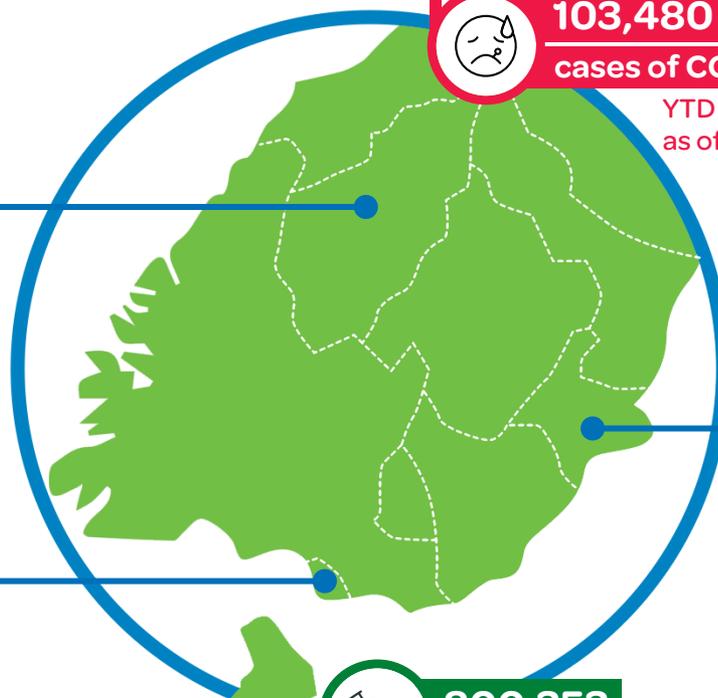
The Second Wave

The rate of COVID-19 in Southern is currently climbing. The greatest increase is in the 65+ age bracket and Dunedin has the highest case rate. Both COVID-19 cases and hospitalisation are increasing significantly. The BA.5 variant of COVID-19 is becoming more prominent and is expected to spread rapidly and widely across New Zealand.



103,480
cases of COVID-19

YTD actual cases as of 6 July 2022



Lakes Hospital

80%
average fortnight occupancy

1-2
average number of inpatients with COVID-19 over the last fortnight



Southland Hospital

95-100%
average fortnight occupancy

24
average number of inpatients with COVID-19 over the last fortnight



Dunedin Hospital

99%
average fortnight occupancy

25
average number of inpatients with COVID-19 over the last fortnight



800,353
COVID VACCINE DOSES DELIVERED

at 14/7/22

FLU VACCINATIONS at 08/7/22



33.5% 55-64 yrs
69% 65+ yrs

SOUTHERN TOTAL at 13/7/22



97.5%
Fully Vaccinated (12+)



74.8%
Boosted (18+)



55.7%
Tamariki Partially Vaccinated (5-11)

28.7%
Tamariki Double Vaccinated (5-11)

You should have your chimney swept at least once a year.



Air pollution down south

- New Zealand-wide, Invercargill topped the death-rate rankings for air pollution from vehicle exhaust and domestic fires and industry combined*. Burning only clean fuel (dry wood) bright and hot can make a difference to air pollution in your area.

*Health and air pollution in New Zealand 2016

Keep ED for emergencies

Currently our Emergency Departments are extremely busy.

- You can call Healthline 0800 611 116 for free health advice from trained registered nurses 24/7.
- Health Navigator provides links to reliable, trustworthy information and self-care resources. Visit: www.healthnavigator.org.nz

- During winter some people can find that their mental health takes a dip. Get some online help at: www.depression.org.nz or www.SPARX.org.nz Or call a helpline: Lifeline - 0800 543 354 Free counselling - 1737

- Make use of your local GP, Pharmacy & Urgent Doctors. If you need help enrolling with a GP call 0800 478 256.

STAY WELL THIS WINTER



Wash YOUR Hands

Wear a mask

The easiest way you can protect yourself and others from illness is to continue to wear a mask when you are out in public. Be sure to secure your mask so it covers your nose and avoid touching it with your hands. Washing your hands also helps as soap kills viruses.



Stay home if you're sick

Safeguard your community and stay home if you are sick. Please do not go to work if you are sick. Across the district we have vulnerable friends, neighbours, colleagues and whānau who, if they get flu or COVID-19, could get very sick.



Create a winter wellness kit

This might include painkillers, a thermometer, tissues, cold and flu medications, enough food and household items for a few days, and a good stock of the regular medicines you or your whānau will need (why not chuck in some treats too!).



Check-in

Do you have a friend or neighbour who lives alone? Do you know someone who might be having a tough time? Check in with them and say 'hi'. You may just do more than make their day! Little things can make a big difference in the lives of those you care about.

STAY WELL THIS WINTER



Get vaccinated

Getting your latest vaccinations is one of the easiest and most effective ways to protect yourself this winter season. A flu vaccination will reduce your risk of severe flu symptoms, reduce the likelihood you will require hospital-level care, and decrease the chances of passing the influenza virus onto others. Vaccines are free for children aged between 3 years and 12 years old, and adults over the age 65, Māori and Pasifika over 55, pregnant people, and people with long-term health conditions such as asthma, diabetes and heart conditions.



Feeling sick? Do get tested

If you become unwell, it is important that you stay home and test, even if your symptoms are only mild. If the test comes back negative, you should stay home until you are symptom-free, so you do not spread other winter illnesses.

If the test comes back positive, you are required to self-isolate for seven days. If a member of your household tests positive for COVID-19, you must isolate at home for seven days and get tested (day three and day seven if you are asymptomatic, and immediately if you develop symptoms).

RAT tests are provided free of charge to anyone with symptoms or who is a household contact of a COVID-19 positive case.

You can order RAT tests online for collection via www.requestrats.covid19.health.nz An order number is provided for collection and you can find your closest collection site on the HealthPoint website.

When you complete a RAT test, you should report both positive and negative results via MyCovid Record www.mycovidrecord.health.nz or by calling 0800 222 478 and choosing option three. This helps monitor the size of COVID-19 spread and ensures you have access to appropriate care and support if you test positive.



Get your COVID-19 booster

- The vaccine is free.
- Getting vaccinated against COVID-19 means you are far less likely to get really sick and have to go to hospital if you catch COVID-19. You are also less likely to pass COVID-19 onto other people.
- First and second doses are available to everyone in New Zealand aged five and over; boosters are available to those aged 16 and over; and second boosters are available to those aged 50 and over, immunocompromised people and health, disability and aged care workers over 30.
- The COVID-19 vaccine can be given at the same time or close to other vaccinations such as flu, MMR, HPV, whooping cough, tetanus, and meningococcal vaccines.
- Being vaccinated provides better protection than any immunity you might get from being infected with the virus. If you have had COVID-19, wait three months after recovery before having a COVID-19 vaccine. You can get your flu vaccination as soon as you have recovered.
- For more information about what COVID-19 vaccinations are available in New Zealand, to check your eligibility, the correct dose intervals and to find a clinic near you, visit: www.southernhealth.nz/COVID19/vaccine



Connect and get moving

It can feel hard to get moving during winter but staying active is important for your wellbeing, even if it's just a short walk – getting outside in that fresh southern air can do a world of good!

Some ideas to get out and about:

- Go on a 'photo walk' and take some cool winter shots! You'll get the added bonus of Vitamin D.
- Pick some winter flowers and foliage for a floral arrangement. This brings nature into your home or you can brighten someone else's day.
- Volunteer - volunteering is a great way to meet new people and nurture your local community. Check out: www.volunteersouth.org.nz
- Join a local group - whether it's singing, dancing, gardening or model trains. Check local notice boards and your local mailer. You can also search the community directory at: www.cab.org.nz



Stay warm, sleep & eat well

Eating well, staying warm and getting a good night's sleep are all important to maintaining our bodies defence against winter nasties. Here are some tips on how to stay healthy during winter:

- Get organised and plan your weekly meals - know how much you have to spend and stick to it. A meal plan enables you to see exactly what you need to buy and how much you can spend. To stay within budget, try supermarket home brands or buy frozen or canned vegetables.
- Get enough sleep - go to bed at the same time each night, and make sure your room is quite, dark, relaxing, and at a comfortable temperature. Power down your electronic devices an hour before.
- Run your electric blanket instead of an electric heater. It costs just over \$10 per winter if used every night.
- Check your power deal: visit www.powerswitch.org.nz to see if you could be getting a better deal for power elsewhere.
- Shower smarter - grab a 10L bucket, pop it under your shower and start timing. If it fills in less than a minute, your showerhead is a water-waster. You can snag a low-flow, energy efficient showerhead for less than \$100.



Keep your home healthy

Help your immune system stay strong by keeping your home warm and dry, too. We spend much of our time indoors so the home environment is very important for our health. Cold, damp and mouldy houses impact our health in several ways. It is recommended that indoor temperatures should be above 18°C and above 21°C for infants, elderly and the sick. At 16°C it is harder to breathe which affects our respiratory system and below 12°C our heart function can be affected. Damp housing can increase the risk of asthma onset and can make asthma symptoms worse.

Check out Healthy Homes webpage for some simple and cost-effective steps for keeping a warm, dry home: www.southernhealth.nz/living-well/healthy-homes



Feel Good

- Start a gratitude journal and write down one thing each night that you are grateful for - no matter how small!
- Give yourself a hug - research has proven that hugging yourself can improve your mood.
- Do something creative - daily creativity is great for your mood and sense of wellbeing. Learn to knit, take up cooking, sing or draw.
- Pet an animal - interacting with animals can raise our oxytocin levels, calm us down, lower our blood pressure and make us feel loved.
- Meditation and mindfulness has been shown to improve symptoms of depression and anxiety. Try practicing meditation for even just ten minutes a day or some guided meditation videos, apps, or podcasts. Other activities such as yoga, listening to your favorite song, or taking a quiet walk can help you be mindful and check in with your body and mind.

