

## Swine Flu and Influenza Resources

Presently there is only one poster available relating to influenza **Stop the Spread of Germs** (MED0002 or HE1716), which gives information on cough and sneezing etiquette, and handwashing.



**Getting Ready for a Flu Pandemic** (MED0012 or HE1717) has been revised (May 2009) as previously it specifically referred to avian influenza. The previous version (2007) as well as the poster have been translated into several languages including Arabic, Chinese, and Samoan, and these are available to download from the Ministry's Pandemic Influenza webpage ([www.moh.govt.nz/pandemicinfluenza](http://www.moh.govt.nz/pandemicinfluenza)).



The Te Reo Maori version of MED0012 (MAH0025) has not been revised, and **Getting Ready for a Flu Pandemic for Whanau** (MED0010) is under revision.

Also available are:

- MED0029 **The difference between Influenza and a Cold**
- HYG0014 **How to Wash Your Hands** (shown).
- HYG0021 **Remember to Wash Your Hands**



Newly released is the A5 **Travel Health Notice** (MED0020 or HP4805) which gives information for visitors to New Zealand if they exhibit flu symptoms.



## New Free Resources

Please note that only Ministry of Health and CPH resources can be viewed or ordered from our website: [www.cph.co.nz](http://www.cph.co.nz)

**All variants of the B4 School Check posters and pamphlets are now available - contact us for codes.**

The NZFSA have recently launched a new publication, **Food Safety in the Home** (SAF0019), which gives some helpful food handling advice and provides tips on how to keep your food safe at a barbecue or picnic, or packing your children's school lunch.



Some of the information from our popular healthy Lunches Made Easy poster (NUT0021) has been included on a handy magnet from Mission-On, **Healthy Lunchbox Ideas** (NUT0020) and comes with accompanying card with some more suggestions.



The Mental Health Foundation has recently released a new resource on anxiety and panic attacks called **Anxiety and how to handle it** (MNH0028).

We are now pleased to be able to stock the Gout booklet (MED0155) from Pharmac in Te Reo Maori (MAH0054), and Pneumococcal Vaccine (HP4584) is now available again, but with a new code **MED0005**.

A number of Ministry of Health resources have also been added:

- SAF0020 **Dioxin and Health** (HP4601)
- PAP0097 **BreastScreen Aotearoa for Pacific Women** (HE2110) - shown
- MED0193 **Latent Tuberculosis** (HE1431)



Also available are the series of **Smoking: Face the Facts** A3 posters (**DRU0035**) and a random selection of the variants will be sent on ordering.

Two series of resources previously produced by Paradigm, **Breastfeeding Your Baby** and **Breastfeeding and Working**, will soon be published by the Ministry of Health. This will mean improved supply of these items, and the ability to order them online from the CPH website.

### Your Rights Poster available from the Health and Disability Commissioner

With the revision of the Your Rights pamphlet (HEA0015), lots of our customers have been wanting a poster of this information. These are available to order from [www.hdc.govt.nz](http://www.hdc.govt.nz) at a cost of \$2 each.

## Revised Resources

The following Ministry of Health resources have recently had text changes or a revision:

- CHH0043 Newborn Hearing: Referral to an Audiologist. Reprinted April 2009. HE1924.
- MED0094 Protect Your Child. Revised and Reprinted April 2009. HE1207.
- NUT0008 Eating for Healthy Adult New Zealanders. Reprinted April 2009. HE1815.
- SEH0003 You and Your Teenager. Revised May 2009. HE1706.

HealthLine's magnet (MED0127 - shown) has been updated with new branding.



Several of Community and Public Health's resources have been updated as well:

- CHH0023 A Guide to Happy Healthy Kids in the Home.
- GAL0001 Pink Pages (now 2009/2010)
- MED0017 Whooping Cough (Pertussis)
- MED0177 Haemophilus Influenza Type B (Hib)

Additionally the following resources have been redesigned with new titles:

- WOH0053 Being Breast Aware
- WOH0083 Can't find the Right Solution (Natural Fertility NZ).

## Deleted Resources

The following have been deleted recently, as they are either no longer in print or are out of date:

- DRU0005 Solvent Abuse (Sniffing)
- DRU0102 Helping Others Quit
- DRU0103 Nicotine Replacement
- DRU0169 Parenting Smokefree Children

- MED0153 Epilepsy - shown
- MEH0006 Cancer of the Testicles
- SAF0025 Finding a Toilet in New Zealand
- SAF0073 Melanoma (from Cancer Society)
- WOH0048 Breast Cancer
- WOH0049 Breast Lumps and Changes



Visit us at [www.cph.co.nz!](http://www.cph.co.nz!)

### Awareness Dates

#### August

- 1-7 World Breastfeeding Week
- 9 International Day of Indigenous People
- 12 International Youth Day/Hoodie Day
- 28 Cancer Society Daffodil Day

#### September

- Prostate Cancer Blue September
- Cervical Screening Awareness Month
- 1 Gamble Free Day
- 7-13 Epilepsy Awareness Week
- 21-27 Deaf Awareness Week
- 21 World Alzheimer's Day
- 25-2 Oct Arthritis Orange Appeal Week
- 27 Daylight Saving Starts
- 28-4 Oct Multiple Birth Awareness Week

### Useful Websites

#### Breastfeeding (Feeding Our Futures)

[www.breastfeeding.org.nz](http://www.breastfeeding.org.nz)

#### Cancer Society (Canterbury)

[www.cancersouth.org.nz](http://www.cancersouth.org.nz)

#### Prostate Cancer

[www.prostate.org.nz](http://www.prostate.org.nz)

#### It's Our Problem (Problem Gambling)

[www.ourproblem.org.nz](http://www.ourproblem.org.nz)

#### Epilepsy New Zealand

[www.epilepsy.org.nz](http://www.epilepsy.org.nz)

#### National Foundation for the Deaf

[www.nfd.org.nz](http://www.nfd.org.nz)

#### Arthritis New Zealand

[www.arthritis.org.nz](http://www.arthritis.org.nz)



### Restrictions on NZ Food Safety Authority Resources

Due to the current economic situation, the NZFSA has joined several other CHIC suppliers whose resources will unfortunately be restricted to a maximum of 10 copies per order, effective immediately.

From the Community Health Information Centre (CHIC) Staff: Sue, Lesley, Claire and Sarah

**Free Health Resources. Supporting active and healthy lifestyles**