

Get Your Seasonal Flu Vaccination Now

With the early onset of the influenza season, it is time to get your flu jab if you haven't already! The 2010 seasonal flu vaccination will protect against the pandemic H1N1 (swine flu) strain. The vaccination programme has been extended this year, and is now available free of charge to the following groups at risk within the population:

- All those over 65 years of age
- All those under 65, including children who suffer from chronic conditions including cardiovascular disease, diabetes, and respiratory illnesses
- Pregnant women
- Those who are very overweight

People at risk should aim to have the vaccination as soon as possible as it takes up to two weeks to develop immunity against the flu.

Vaccinations may also be free or subsidised for children under 5 - check with your medical practice for details. Pregnant women are advised to speak to their midwife or doctor about being immunised.

Other things you can do to help you and others stay healthy include:

- Thoroughly washing and drying your hands
- Staying away from work or school if you are unwell
- Covering your coughs and sneezes

The flu vaccination resources have been updated for 2010 and are now available:

- MED0038 **Three Simple Steps to Help Fight Influenza...** (HP4523) - formerly titled "The Facts About Influenza"
- MED0039 **After Your Influenza Immunisation** (HP4522)

Other language variants of MED0038 (e.g. Te Reo Māori) are also available in limited quantities -



please contact us or visit www.influenza.org.nz to download.

This website has a number of other flu vaccination resources including posters for waiting rooms, which are available to both download and order.

Influenza Resources

Some of the Ministry of Health influenza resources have either been recently updated or are currently under revision due to the changes to the free vaccination programme. It is hoped that new stock will be available from late May.



The poster **Stop the Spread of Germs** (MED0002 or HE1716) remains unchanged, and **Getting Ready for a Flu Pandemic** (MED0012 or HE1717) is under revision. Translations of these two resources such as Arabic, Chinese, and Samoan, are available to download from the Ministry's Pandemic Influenza webpage (www.moh.govt.nz/pandemicinfluenza).

Getting Ready for a Flu Pandemic for Whanau (MED0010) will shortly be replaced with a new Maori-themed resource, whilst **Getting Ready for a Flu Pandemic - Te Reo Māori** (MAH0025) is being updated.

Also available are:

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

For more information, visit the following websites:

www.moh.govt.nz
www.influenza.org.nz
www.fluinfo.org.nz



Do You Have a Burning Question about CHIC?

We are hoping to feature in the CHIC Newsletter, answers to those questions or queries that our customers may have about our service or the resources stocked. We would welcome the feedback.

Please send your questions to chic@cdhb.govt.nz with **CHIC Question** in the subject field.

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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

Pacific language variants of **It's Easy to Protect Your Family's Smile** are available. All languages other than Samoan are Store Only for Health Professionals:

- PAP0068 Samoan (HE2260)
- PAP0069 Tongan (HE2264)
- PAP0070 Tokelauan (HE2263)
- PAP0071 Cook Island Māori (HE2261)
- PAP0089 Niuean (HE2262)



A new Family Planning resource is now available. **When You're Ready** (SEH0009 - shown) gives information on contraception, possible pregnancy and STIs.



Also introduced are several Ministry of Health documents on Health Impact Assessment, which are Store Only for Health Professionals:

- HEA0001 An idea whose time has come
- HEA0004 A Guide to Health Impact Assessment: A Policy Tool for NZ
- HEA0005 Whanau Ora Health Impact Assessment

Two resources on car seat safety have been introduced in response to your feedback:

- CHH0056 Kids and Car Seat Safety - shown
- SAF0004 The Higher You Sit, the Better the Fit



Community and Public Health has just released a information pamphlet on Canterbury **Recreational Water Quality** (SAF0003), which looks at the potential health hazards posed by the contamination of

waterways, and where to get more information on the marine and freshwater recreational water quality in the region.

A new resource has been added to the Are You Ok? Family Violence campaign. **Aroha in Action: A resource for whānau** (VIO0014) provides clear, accessible information to support whānau to keep mokopuna safe and identifies potentially risky situations and practical suggestions for whānau action.



To accompany the popular Eat Your Colours Poster, we now have the **Eat Your Colours Vege Flyers**, which focus on the vegetables within each colour and give some nutrition information and meal and snack suggestions.

- NUT0037A Brown/White
- NUT0037B Red
- NUT0037C Purple
- NUT0037D Orange
- NUT0037E Green

The Real Cost of Eating 5+ a Day (NUT0035 - shown) looks at both the nutritional and economic benefits of eating more fruit and vegetables.



The Ministry of Health will be launching new resources for the Well Child vision and hearing screening as part of the B4 School Checks.

Check the Resources section of the CPH website in the near future for details.



Health Rights and the Privacy Act Information

We commonly get asked for information on patients' rights, and also the Privacy Act with regard to patient information.

The Health and Disability Commissioner publishes the following three resources which are stocked by CHIC:

- HEA0014 Learning from Complaints - shown
- HEA0015 Code of Health and Disability Services: Consumer Rights
- HEA0016 Having a Problem with a Health and Disability Service?

Supply is limited to 20 copies per order.



The Code of Rights brochure is available to download in other languages, such as Arabic, Chinese, Farsi, Japanese, Somali and Pacific languages. These resources, as well as the Your Rights Poster are available to order and download on the Health and Disability Commissioner's website: www.hdc.org.nz.

The Privacy Commissioner publishes a brochure **Health Information Checkup** on the Privacy Act, and this can be ordered or downloaded from their website www.privacy.org.nz.



To order Ministry of Health resources, visit the Community and Public Health Website www.cph.co.nz/resources

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Revised Resources

The following Ministry of Health resources have recently been revised:

- DRU0021 When You Drink So Does Your Baby. Reprinted December 2009. HE4160.
- MED0095 Protect Your Child Poster. Revised January 2010. HE1221.
- MED0148 Immunise Your Child. Reprinted January 2010. HE1327.
- NUT0002 Eating for Healthy Babies and Toddlers. Reprinted February 2010. HE1521.
- SAF0081 Keeping Healthy Outdoors. Revised December 2009. HE1216.

The Ministry of Health's bilingual hearing check poster (HE4874) has been significantly revised and redesigned, and is now called **Ka Taea To Tamiti te Rongo / Can Your Child Hear?** (CHH0008 - shown)



Several other non-Ministry resources have also been updated:

- DRU0142 Quit Smoking Services and Programmes. Revised March 2010.
- MED0006 Hand Foot and Mouth Disease. Revised April 2010.
- MED0007 Hepatitis A. Revised March 2010.
- WOH0004 It can be a Question of Timing

Early Pregnancy Loss (WOH0009) has been redesigned with the original text retained, since the original

SANDS pamphlet is no longer available, and an appropriate replacement has not been found.

Ministry of Health Revisions Update

The Ministry of Health is currently reviewing or revising a number of its resources. Of particular note are the following, which may affect stock availability:

- MED0027 Hepatitis ABC (HE4182)
- MED0130 Infectious Diseases Poster (HE1214)
- NUT0017 Eating for Healthy Breastfeeding Women (HE1806)
- PHY0001 Be Active Every Day (HE1254)
- PHY0004 Be Active Every Day Poster (HE9012)
- WOH0010 Folic Acid and Spina Bifida (HE4147)

The following Ministry of Health resources are currently out of stock due to a revision or reprint:

- MED0084 Rubella and Women (HE4172)
- MED0129 Infectious Diseases Card (HE1215)



New CHIC Stocklist available by late May.

You can also download a copy from the Health Information page on the CPH website:
www.cph.co.nz/about-us/health-information/default.asp

Deleted Resources

The Ministry of Health has chosen not to reprint the following items:

- HYG0009B Te Kohanga Reo - Dental Clinic Poster (HE4927/3) Please note: it is likely that the other posters in this series will not be reprinted once Ministry stocks are depleted.
- MAH0001 Oranga Niho... A5 Flyer (HE4934)
- MED0109 Influenza: Protect Yourself... Poster (HE1310)



Unfortunately, the **Personal Development Book for Boys** (ADH0015) is no longer in print from Johnson & Johnson. Some suitable content is included in the Girl's version (ADH0013), which is still available. For



additional information, visit the following Johnson & Johnson website: www.itsmybody.co.nz

Additionally, the following resources have also been deleted:

- DRU0031 You Can Become Smokefree
- MNH0043 Employment: What You Do Makes a Difference A4 Factsheet
- PAP0037 Food Safe Feleti Sticker
- PHY0014 Push Play Poster - Adult (shown)



It is with regret that due to lack of funding, Community and Public Health will not be reprinting **It's Your Choice** (CHH0011) and the **Well Child Referral Form** (CHH0013). Stocks of both of these resources are now depleted.



Tips When Ordering Resources Online

1. You can preview your order at any time by clicking the View Cart button.
2. Click the Back to resources button in the Cart view to add more items to your order.
3. To complete the process, click Place Order button and provide a physical address for delivery.

 Back to resources

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Spotlight on Online Resources

In addition to the hard copies of resources, a number of resources are only available as online downloads. This allows savings to be made in these economically frugal times.

Family Planning have a number of their resources available online (many of which CHIC doesn't stock), including some that are no longer in print, including the A5 booklet **New Dads: for Dads-to-be** (shown), and the pamphlet, **Life Long Sexuality**.



On the VegFed website (www.vegetables.co.nz), there are Maori- and Pacific-themed versions of the popular **VegUp** pamphlet, as well as a Te Reo Māori version. They also have some very informative booklets on the nutritional and health benefits of different vegetable groups, including a new booklet on fresh herbs.

The New Zealand Food Safety Authority website (www.nzfsa.org.nz) has all their resources available for download as well as a number of useful fact sheets on commonly asked food safety queries. On the Food Smart website (www.foodsmart.org.nz), there are a



number of activity sheets on food safety designed for classroom use, ideal for use during Food Safety Week in early November.

The Cancer Society (www.cancernz.org.nz) primarily has online resources on the different types of cancer, and covers a number cancer-related topics, including nutrition, physical activity, and smoking.

The very popular **Healthy Eating Checklist** although not longer available in hard copy can be downloaded from the Consumer website (www.consumer.org.nz)



Diabetes NZ has several additional resources other than the ones stocked by CHIC, including **Diabetes and Healthy Food Choices** (MED0118). All these booklets and pamphlets are available to order and download from www.diabetes.org.nz.

Another site with substantial online content is SPARC (www.sparc.org.nz), which in addition to its brochures, also has activities-based material to download for clubs, and schools, as well as for parents to encourage movement in their children.



Visit us at www.cph.co.nz!

Awareness Dates

June *Pipiri*

5	World Environment Day
7	Queen's Birthday
14	World Blood Donation Day
14	Matariki
20-26	Volunteer Awareness Week
20	World Refugee Day
26	International Day against Drug Abuse

July *Hōngongoi*

2	Term 2 Ends
19	Term 3 Begins
24-30	Alzheimer's 'Cuppa for a Cause'
26-1/8	Te Wiki o Te Reo Māori Maori Language Week

Useful Websites

World Environment Day
www.unep.org/wed

Matariki Resources
www.auahikore.org.nz

Volunteering NZ
www.volunteeringnz.org.nz

Refugee Services Aotearoa NZ
www.refugeeservices.org.nz

Alcohol and Drug Association NZ
www.adanz.org.nz

Alzheimer's NZ
www.alzheimers.org.nz

Maori Language Commission
www.tetaurawhiri.govt.nz



Do You Order Your Resources from the HealthEd website?

If so, the Ministry of Health would like your feedback for an upcoming redevelopment of the site. Have your say so that the new site really meets the needs of users like yourself. An online survey is available on www.healthed.govt.nz.

From the **Community Health Information Centre (CHIC) Staff**

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