

HEALTH MATTERS

Got a health query? Ask a pharmacist

Your local pharmacist can provide advice on a wide range of health conditions. They also offer an increasing range of services in-store.

Check out these services

- Urinary tract infection – advice and treatment (if appropriate).
- Flu, shingles, MMR and Vitamin B12 injections
- Eye infection – antibiotic drops and ointments
- Emergency Contraceptive Pills (ECP) – no cost in all pharmacies, for all ages.
- Oral Contraceptive Pills – for women who've had a prescription in the past from their GP.
- Quit Smoking support – free Nicotine Replacement Therapy (NRT) at first consult.
- Blood Pressure and Blood Glucose testing.
- Weight Loss management – advice and monitoring.
- Gout arthritis – advice and pain relief.
- Other medication for – Thrush, Migraines, Colds/Flu, Pain, Sildenafil-Erectile Dysfunction (e.g. Viagra®) and many more common conditions.

Get moving during March

It might be autumn, but the weather is still good for getting out and being active. Here are some ideas to get you on the move:

- Check your community newspaper for information about free or low cost local exercise activities.
- Ask your local gyms or swimming pool if they're offering special rates for new members.
- Join a work or social sports team or get a walking buddy to make exercise more fun.
- Download a free fitness app to keep you motivated and track your progress.
- Check online at www.sportwhanganui.co.nz for the local activity directory and upcoming events.

Protect yourself against coronavirus

Cover your mouth and nose with a tissue when you cough or sneeze

Put your used tissue in the rubbish bin or in a plastic bag

Wash and dry your hands often, especially after coughing or sneezing – use soap

Stay away from others if you're sick

health.govt.nz/coronavirus
Protect your family/whānau from coronavirus

New Zealand Government

Free health advice when you need it.
Healthline
0800 611 116

MINISTRY OF HEALTH
BENNETT HADGERS
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For more information visit www.manageme.org.nz or www.healthnavigator.org.nz

1

Home
(Self Care)

UNWELL OR INJURED?

Where should I be?

2

General
Practice (GP)
& After Hours

- Call Healthline 0800 611 116 – for free medical advice 24hrs/day.
- Home for rest, regular fluids and pain relief, if required.
- Talk to your pharmacist – they are a good source of information.
- Contact your general practice team first.

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Emergency (ED)

- For urgent or after hours care, contact your general practice in the first instance for advice. Or visit the Whanganui Accident & Medical (WAM) service located at Whanganui Hospital. Open every day from 8am-9pm.
- Emergency Department for emergencies.

