

HEALTH MATTERS

**BREAST
CANCER
AWARENESS
MONTH**



HOW TO SIGN UP FOR THE FREE NATIONAL BREAST SCREENING PROGRAMME

If you are aged 45 to 69, you are eligible for free breast screening. Please register online: www.timetoscreen.nz/breast-screening/sign-up/

If you want to speak to someone first, call **0800 270 200**.

MEASLES

If you suspect your child has measles...

- Keep your child home and away from places with other people, so others don't get infected.
- For medical advice call Healthline anytime 24 hours a day on **0800 611 116**.
- If you are worried or symptoms are getting worse, call your GP. They will advise you on what to do next.
- For information go to www.moh.govt.nz or www.healthnavigator.org.nz

Please note: If your child is 15 months or four years old they are due for a MMR (Measles, Mumps and Rubella) vaccine – please make an appointment as soon as possible to get them immunised so they are protected.



Make every sleep a safe sleep

Sleep your pepi in a wahakura or pepi-pod



For more information please contact Whanganui Regional Health Network by phone: **06 348 0109** or email: aweekly@wrhn.org.nz.



NEED TO TALK?

1737

free call or text
any time

MENTAL HEALTH AWARENESS

If you need to talk to someone **free call or text 1737** any time for support from a trained counsellor.

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.
- 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.

3

Emergency (ED)

