Immunise on time every time

Immunisation is the most effective way to actively protect your family from 12 serious preventable diseases, such as whooping cough, tetanus and measles - diseases that can kill.

Free phone 0800 IMMUNE (0800 466 863) to talk to health professionals at the Immunisation Advisory Centre, which is part of Auckland University.

Give your child the best protection possible against preventable disease and immunise. Talk to your GP or practice nurse today.

The public can obtain up-to-date information on the toxic shellfish health warning through these channels:

- phone: 0800 224 555
- signage at locations
- email alerts for subscribers: www.ttophs.govt.nz/alert
- websites: www.ttophs.govt.nz/health_warnings and www.twitter.com/ttophs

Be wise immunise
0800immune
www.immune.org.nz
Sunburn and skin damage is caused by UV rays from the sun and it can lead to skin cancer. This is especially important if you are swimming or near water as the sun’s rays are reflected onto you. So everyone needs to cover-up, especially your children.

“Firstly, if it’s possible, try to stay out of direct sun during the hours of 10am to 4pm. This is when the sun can do the most damage. Look for natural shade or create your own with an umbrella, tent or other shelter. Then it’s important to Slip, Slop, Slap and Wrap,” says Dr Phil Shoemack, Medical Officer of Health.

SLIP into a long-sleeved shirt and into the shade. Generally, fabrics with a tighter weave and darker colours will give you greater protection from the sun. There are also certain fabrics on the market that have a SPF rating.

SLOP on plenty of broad-spectrum SPF30+ sunscreen at least 20 minutes before going outdoors.

SLAP on a hat with a wide-brim or a cap with flaps – more people get sunburned on their face and neck than any other part of the body.

WRAP on a pair of wrap-around sunglasses – UV radiation is just as dangerous to eyesight as it is for the skin.

Take these precautions especially between 10am and 4pm (September to April).

Move over Dr Google! You can now your check symptoms when you download New Zealand’s free Healthline Symptom Checker app for your iPhone or iPad.

The Healthline Symptom Checker lets you enter your symptoms on a body map or search by name from a list e.g. knee injury. Once the symptoms have been found, courses of action are suggested. Based on the type and severity of the illness, that could be to call an ambulance, see the doctor within 24 hours, or advice on how to manage the condition at home.

The app can also store health providers’ contact details and some emergency numbers. The Healthline Symptom Checker complements the Healthline telephone service and gives people a new way to access health information and advice.

It is important to note the information provided through the app is not a substitute for health advice, diagnosis or treatment given by a doctor or nurse.

Sunburn and skin damage is caused by UV rays from the sun and it can lead to skin cancer. This is especially important if you are swimming or near water as the sun’s rays are reflected onto you. Be safe – be SunSmart.