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COVID-19 Vaccine: Boosters

If you've had COVID it's recommended that you'll need to wait 6 months after testing positive before getting any booster.

Boosters are recommended for;

- all people over 65 years old
- Māori and Pacific people ages 50 and over
- pregnant people with health conditions that put them at higher risk of severe illness from COVID
- people with disabilities with significant or complex health needs
- people with serious mental health conditions
- Young people aged 12 to 15 who have a medical condition that increases the risk of severe illness from COVID

When, where and how much?

Browns Community Pharmacy will be running a clinic day on Saturday 25 Nov 23 - 9am - 12.30 pm
No appointment required just walk-in. Free service.

WELCOME TO TE HIKU RESPONSE HUB!

Te Hiku Response Hub has been set up as a continuation of the COVID Response Hub. As we have moved past the COVID pandemic, we found that there was a need for whānau to be connected to different types of healthcare needs and services.

In the past, we were about providing kai, manaaki, and social needs support and help navigating financial assistance.

The Hub is supported by Te Whatu Ora, which is why we have been able to access and prioritize whānau and their needs.

Now we can continue that help and assist in other areas to help relieve the burden of other everyday health needs and concerns.

Hub Services

Support for in home care

We can help connect whanau to home care and other support services.

Assisted health care appointments

Our kaimahi can assist kaumatua, hapu māmā and tamariki to get them to their doctor's appointments, and specialists in Kaitaia, and to get their tests done. We will wait with them and take them back home.

Kai & Kōrero

Every month we are organising kaumatua outings in the Te Hiku area. This will be a lunch provided where whānau can get out to the shops maybe run some errands and finish with a shared lunch with other like-minded kaumatua.

Hapu Māmā & COVID

Being hapū and having to isolate at home will be hard enough for some. But having COVID as well could feel overwhelming. It can be a bit scary knowing you have the virus, but the antibodies you make will also protect the baby while breastfeeding.

Being fully vaccinated with a booster is the best way to stay safe.

When you're told you have COVID, you'll be assessed by a specialist team to work out your personal care plan.

Then, depending on any risk factors you may have and how well you're managing any symptoms, your midwife or other lead maternity carer, LMC for short, may be able to continue taking care of you.

If any extra care is needed it'll be organised between you, your midwife and the obstetrics team.

These are some things to look out for:

- baby moving less than usual or not at all or any change in baby's usual pattern
- bleeding or fluid leaking from the vagina
- a headache that doesn't go away
- shortness of breath when resting or lying down
- feeling like you can't cope with your symptoms at home
- a temperature higher than 37.5 degrees
- feeling really tired
- feeling very anxious or worried
- or feeling unsafe at any time.

If you have any of these things, you should get in touch with your midwife straight away.

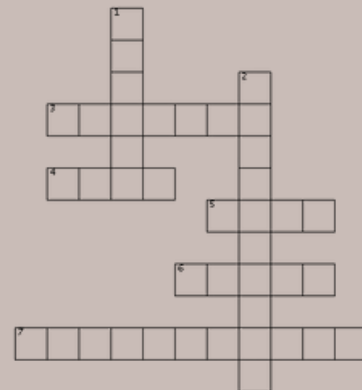
For more information visit: <https://healthify.nz/health-a-z/c/covid-19-positive-when-you-are-pregnant/>

ACROSS

3. NZ town meaning "food destroyed by floods"
4. Key phases in Maramataka
5. Recommended isolation days for COVID
6. Road where you find the office of Tuihata Mahiora
7. Another name for COVID

DOWN

1. Response hub name based in Kaitiaki
2. Airline that lands at Kaitiaki airport



Find the answers in the next issue

Local Pharmacy Acute Care Services

What is Local Pharmacy Acute Care Service?

It is a service that is provided by community pharmacies to consult on a range of minor health conditions and supply funded medicines and treatment aids if clinically indicated. The initiative aims to improve access for people who are unable to access care or afford care for these minor ailments.

What conditions are covered?

- Pain & fever
- Diarrhoea
- Dehydration
- Minor eye inflammation and infections
- Minor skin infections
- Eczema or dermatitis
- Scabies
- Headlice - nits, kutis, kutu bugs, utu or riha

Who is eligible to receive the service?

- Children under 14 years of age
- Whānau members (any age) of a child under 14 years of age, with the same symptoms
- Community Service Card (CSC) holders
- Māori and Pacific people

When does the service start?

The service started on 1 October 23 and runs until 31 March 24

Where can I find and use the service?

- Browns Community Pharmacy - Kaitiaki
- Far North Pharmacy - Kaitiaki

You can find us on Social Media, email or call



0508 884 428



manaaki@tuhiaata.org.nz



Te Hiku Care in the Community



tehiku_careinthecommunity



Lemon Ginger Tea



2 servings



20 minutes ★★★★★

INGREDIENTS

- | | |
|--|-----------------------------------|
| 2 cup water | 2 lemon juiced |
| 2 heap tbs fresh grated ginger, | pinch turmeric, less than 1/4 tsp |
| start with 1/2 tbs if you want it less spicy | honey to taste |
| | lemon slices, for garnish |

OPTIONAL ADD ONS:

- 2 small cinnamon stick
- Fresh mint leaves

DIRECTIONS

1. In a saucepan or teakettle, boil the water. Stir in the ginger, lemon juice, turmeric, and honey (start with 1 teaspoon of honey and add as you need).
2. Immediately turn the heat off. Cover the teapot and allow the ginger tea to steep for 10 minutes.
3. Place a small mesh strainer over your cup and pour the ginger tea through. Garnish with a slice of lemon.

HEALTH BENEFITS

This lemon ginger tea recipe is easy to make and packs a flavourful punch. Made with ginger root, honey, lemon and turmeric, it is sweet, spicy and refreshing. Drink it as a pick-me-up when your feeling under the weather, or as a way to unwind after a long day!