

Your health this winter

There are many things we can do to keep ourselves,
our whānau and others well this winter:

- **wear a mask** in crowded spaces
- **stay home** if you're feeling sick
- **keep up-to-date** with your vaccinations
- **test for COVID-19** if you have symptoms.

Be prepared, just in case

**Check you have everything
you need to stay well** including
prescriptions and medicines.

**Talk to your doctor, nurse,
pharmacist, or health practitioner
about your eligibility for COVID-19
antiviral medicines.**

People with a high risk of becoming
very sick from COVID-19, people aged
65 or over, Māori or Pacific people aged
50 or over are eligible.

Stay home if you're sick.

If you test positive for COVID-19, isolate.
Remember to register your RAT result
at [MyCovidRecord.nz](https://mycovidrecord.nz) to access further
help and support.

Free RATs (Rapid Antigen Tests) can
be collected at participating pharmacies
or ordered by calling **0800 222 478**.

Find out more at Covid19.govt.nz

Choose well for yourself and your whānau

Getting sick over winter is common but symptoms can often be managed at home safely. For symptoms that might need a bit more care there are a range of options available. Immunisation is your best protection.

Below is a guide to the best care and services available for different ailments or health situations.



Keeping well
Coughs, cold, flu, fever,
minor injuries, skin issues

Care at home

Information & tips
at **Healthify.nz**



Free health advice
and information any time

Healthline 0800 611 116

Nurses, paramedics
and doctors available



Medication
Vaccinations (COVID-19 & flu)
Consultations

Pharmacy

Get advice from
your pharmacist



Feeling unwell
High fevers & rashes
Injuries
Long term care
All vaccinations

General Practice Medical Centre

Appointment –
in person or virtual



Care if your GP/Doctor
isn't available,
for injuries
or if feeling unwell

Accident Urgent Medical Centre

Out of hours or
urgent treatment



Chest pain
Difficulty breathing
Severe bleeding
Severe pain

Emergency Ambulance

Call 111 in an
emergency

Not all regions have urgent care. Check **Healthpoint.co.nz** to find the best options near you.

Free health advice

There are many ways you can access free health advice and help whenever you need it. You can access online resources any time, go to your pharmacy for healthcare advice or call free phone numbers. Most 0800 numbers have access to interpreters.

Healthify.nz

Reliable online information about health and medicines, self-care resources and videos can be found at the Healthify He Puna Waiora website **Healthify.nz** (previously Healthnavigator.org.nz).

Healthline 0800 611 116

Call Healthline any time for trusted health advice and information from nurses, paramedics, advisors, and doctors. You can choose to speak with a Māori clinician if you're calling between 8am–8pm.

Mental health and wellbeing support is available on 1737 – call or text

If you're feeling stressed, down or overwhelmed or just need someone to talk to, free call or text **1737** any time to talk to a trained counsellor.

You can also visit Allsorts.org.nz for a wide range of resources.

Disability Helpline 0800 11 12 13 or text 8988

A dedicated team can support members of the disability community with:

- COVID-19 testing, face mask exemptions, managing COVID-19 at home
- any general health concerns
- information and support.

For assistance, you can access this using the NZ Relay Service nzrelay.co.nz

Vaccination Healthline 0800 28 29 26

For COVID-19 and flu vaccination advice, information and booking assistance.

COVID-19 Healthline 0800 358 5453

Supports people with information and advice about COVID-19.

Always call **111** first if it is a life-threatening emergency or you or someone you know is in danger.

Help protect yourself, your whānau and your community

Boost your immunity. Get vaccinated

Immunising tamariki

Getting tamariki vaccinated is one of the best ways to set them up for a healthy future. Vaccines on the National Immunisation Schedule are free for all children aged 18 years or under.

Find out more at
immunise.health.nz

Flu jab

It's time for everyone aged 6 months or over to get their 2023 flu jab. It is free for people aged 6 months to 12 years, aged 65 years or over, Māori and Pacific people aged 55 years or over, pregnant people and those with underlying health conditions.

For more information visit
Health.govt.nz/gowell

Te Kāwanatanga o Aotearoa
New Zealand Government

Go well

COVID-19 boosters

COVID-19 vaccines are free for everyone aged 5 years or over. Regardless of how many boosters you have already had, you can get an additional booster if it's been 6 months or more since your last COVID-19 vaccination or infection, and you are:

- aged 30 years or over
- pregnant, and aged 16 years or over
- aged 16 to 29 years and at higher risk of getting severely sick from COVID-19
- aged 12 to 15 years with a medical condition that increases the risk of getting severely sick from COVID-19.

You can make a booking for both your flu and COVID-19 vaccinations at BookMyVaccine.nz, at your local pharmacy or, talk to your local GP, nurse or health centre.

Te Whatu Ora
Health New Zealand