

WINTER STRONG

Staying healthy Winter long

Winter can be a tough time. Looking after your wellbeing is one of the most important things you can do to keep yourself, your family and your community safe.

Inside this kit you will find handy tools to keep well this winter, including:

- *A thermometer*
- *Saline Drops*
- *Rapid Antigen Tests (RATs)*
- *Hand Sanitiser*
- *Liquid Pamol*
- *Lozenges & VapoRub*
- *Paracetamol, Ibuprofen & Electrolyte Drinks*

How to take medications safely

Please ensure that you always follow your doctor's advice if you have been told that you cannot use Paracetamol or anti-inflammatories (such as NSAIDS, Ibuprofen / Nurofen / Advil / Voltaren / Diclofenac / Naprosen / Celecoxib).

LIQUID PAMOL

These are best for young children or those who are unable to swallow tablets. Before giving your child pamol:

- Check if your child still needs it
- Wait at least 4 hours between doses
- Do NOT give more than 4 doses in 24 hours
- Check the expiry date

The instructions for how to safely administer this medicine is on the bottle. Ensure that you read all instructions carefully and follow the health advice outlined.

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PARACETAMOL AND IBUPROFEN

Paracetamol and Ibuprofen are safe to be taken together.

Take 1 – 2 tablet of each every 6 hours. Do not take more than 8 tablets in any 24 hour period. Take paracetamol and / or ibuprofen to relieve symptoms such as fever, headaches, and body aches.

Staying hydrated and using electrolyte fluids, such as those found in your kit or Gatorade, Powerade, or supermarket sachets, will help keep you energised.

When is taking ibuprofen a concern?

For most people taking ibuprofen is safe but extra care is needed in some situations, for example if:

- you have high blood pressure
- you're aged 65 years or older
- you're pregnant
- you have heart or kidney problems or asthma
- you smoke.

It can be harmful if you take ibuprofen when you are dehydrated or have been sick with diarrhoea (runny poos) or vomiting.

In an emergency, CALL 111

If you or a family member becomes very unwell or has difficulty breathing, immediately call an ambulance on 111.

If you have questions

Call the health team on 0800 611 116 (free to call, 24 hours a day).

How to use your new health tools

SALINE DROPS

Using a nasal saline rinse can help to thin and decrease the amount of mucus you produce in your nose, and stop it draining into the back of your throat. It also helps to rinse away allergens and irritants that make your nose itchy and make you sneeze.



Twist the top of the solution to remove the cap



Tilt your head downward over a sink (or in the shower) and turn your head to the left.



Squeeze the solution gently into the top nostril.



Breathe normally through your mouth. In a few seconds, the solution should come out through your other nostril.



Turn your head and repeat the process on the other side.



Adjust your head position as you need to, so the solution doesn't go down the back of your throat or into your ears.



Blow your nose very gently to prevent the solution from going into your ear and causing discomfort.



Stop using the rinse if it causes pain, a nosebleed or any other problem.



If you feel more comfortable you could use one of the syringes in your kit to distribute the solution into your nose.

How to use your new health tools

THERMOMETER

Hold approximately 5cm away from your forehead and press button. Listen for beep, then read the number on the screen.

Some guidelines:

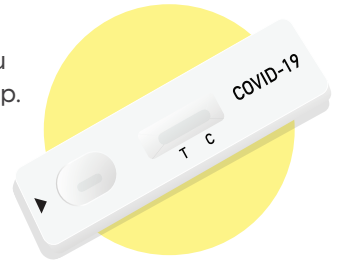


1. A normal temperature range is 36.5 – 37.5.
2. Temperatures over 37.5 are considered mild fever.
3. If your temperature is 38 but you feel well, take paracetamol and keep hydrated.
4. If you are feeling unwell and your temperature is 38+ despite taking paracetamol, ring Helpline 0800 611 116 for advice.
5. If your temperature is over 40 seek immediate medical attention.

RAPID ANTIGEN TESTS (RATs)

There are detailed instructions inside the RAT box for you to follow. Please ensure that you carefully follow each step.

Only use these tests if you have flu-like symptoms. The test is used to check if you have Covid-19 but does not test for variants of Covid-19, flu, or other viral illness.



HAND HYGIENE

Your hands can carry germs picked up from the environment around you as you go about your daily life. Wash your hands with soap and hot water for 20 seconds. You can use hand sanitiser if your hands have no visible dirt or grime to prevent spreading germs from the environment.

MAKE YOUR OWN ELECTROLYTE DRINK

Did you know you can make your own electrolyte drink at home? Simply add ¼ teaspoon of salt and 2 tablespoons of sugar to one litre of water, stir and enjoy! A squeeze of lemon can also help with taste.

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Choose well for yourself
& your whānau this winter.



Care at Home

Information & tips
at [healthify.nz](https://www.healthify.nz)

Keeping well, Coughs, cold, flu,
Fever, Minor injuries, Skin issues



Healthline 0800 611 116

Free health advice and
information any time

Nurses, paramedics and
doctors available



Pharmacy

Get free advice from your
pharmacist (medication costs
may apply)

Medication, Vaccinations
(COVID-19 & Flu), Consultations



General Practice Medical Centre

Appointment - in person
or virtual

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



Accident Urgent Medical Centre

Out of hours or urgent
treatment.

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



Emergency Ambulance

Call 111 in an emergency

Chest pain, Difficulty breathing,
Severe bleeding, Severe pain