

## Are You Prepared for Influenza Season?

Influenza can be a serious illness that usually occurs every year during the winter months, which comes on suddenly with a fever or chills, sore throat, dry cough, headaches, fatigue, body aches and pains. Remember: Influenza is not the same as having a bad cold because it can kill.

Being fit and healthy will not protect you from contracting influenza. Immunisation helps improve your body's defence against influenza. The vaccine can never give you influenza.

The elderly and those people with long-term health conditions have the greatest risk of complications from influenza. That is why influenza vaccination is provided free to these groups until the end of June. This includes all those 65 years and over, and those adults and children with certain chronic conditions including:

- heart disease or stroke

- ongoing respiratory diseases e.g. emphysema and chronic bronchitis, or on regular preventive asthma medication
- diabetes or kidney (renal) diseases
- cancer, excluding skin cancers if not invasive
- other conditions affecting the immune system e.g. HIV/AIDS and rheumatoid arthritis



Make sure you and your family are ready to fight influenza. Ask your doctor or nurse about immunisation. CHIC has the resources associated with this campaign now available.

For more information, visit [www.influenza.org.nz](http://www.influenza.org.nz) or phone **0800 IMMUNE** (0800 466 863). Visit [www.fluinfo.org.nz](http://www.fluinfo.org.nz) for pandemic planning info.

Information: National Influenza Strategy Group

## New Free Resources

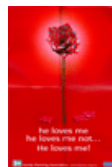
Please note that only Ministry of Health and CPH resources can be viewed or ordered from our website: [www.cph.co.nz](http://www.cph.co.nz)



**Open and Honest** (SEH0012) from Family Planning, is "designed to help parents inform and support their child/tamariki develop the attitudes, skills & behaviours to become a happy, healthy and responsible sexual adult".

We have also added several new Family Planning posters including

- This isn't Love...this is control (SEH0014)
- Well Packed? (SEH0013)
- Love is...(SEH0027)
- He loves me... (SEH0028) - shown.



As part of the Depression: There is a way through it Campaign, we have the new **What is Depression?** A4 factsheet(MNH0044).

The Mental Health Foundation has released a series of fact sheets to accompany the latest part of the Ministry of Health campaign, Like Minds Like Mine:

- Employment: what you do makes a difference (MNH0043)
- Discrimination: what you do makes a difference (MNH0045)
- Friends and Family: what you do makes a difference (MNH0046) - shown



We also have several new resources in our popular *Nutrition Information for Older People* series: How to Look after Your Bones (NUT0137), and How to Eat More Vegetables and Fruit (NUT0138).



### Did you know 2008 is the International Year of the Potato?

To celebrate, Horticulture New Zealand has put together some resources including recipes and delightful posters. See [www.vegetables.co.nz/potatoes](http://www.vegetables.co.nz/potatoes) for more information.

## Revised Resources

Due to the changes to the Immunisation Schedule, several resources were revised and are available:

- Year 7 Immunisation (MAH0024 or HE1314) Revised November 2007.
- Protect Your Child (MED0094 or HE1207). Revised February 2008.
- Immunising Your Children (MED0148 or HE1327) Revised January 2008.

- Childhood Immunisations (MED0089 or HE1323) Revised January 2008.

Childhood Immunisation Schedule 2008 (MED0137 or HE1308) will be revised for the new schedule (1 June 2008). An interim version will only be available to download from our website.



## Other Resource Information



We have been informed that the New Zealand Food Safety Authority (NZFSA) will only be printing limited quantities of **Food Safety in Pregnancy** (SAF0111). Therefore, we encourage the use of the pocket-sized resource **Tips for safe and healthy eating during pregnancy** (SAF0010) which covers the same basic information.

We have recently added several pamphlets from the Office of the Children's Commissioner which cover how to improve your child's behaviour and attitude.

- CHH0015 Encouraging your child to take responsibility - shown
- CHH0016 Keeping one step ahead
- CHH0019 Some suggestions on how to help your child behave



We have also recently replaced the Cancer Society's Prostate Cancer fact sheet with their new resource, **Prostate Problems** (MEH0003).

**New Stocklist Available.**

Visit us at [www.cph.co.nz](http://www.cph.co.nz)!

### Awareness Dates

May	
5-11	NZ Sign Language Week
10	Asthma and Respiratory Balloon Day
11	Mother's Day
12	International CFS/ME Awareness Day
23-25	World Vision 40 Hour Famine
26-1 Jun	Youth Week
31	World Smokefree Day
June	
2	Queen's Birthday
5	World Environment Day
5	Matariki
9-15	Men's Health Week
14	World Blood Donation Day
20	World Refugee Day

### Useful Websites

- Asthma and Respiratory Foundation**  
[www.asthmanz.org.nz](http://www.asthmanz.org.nz)
- Chronic Fatigue Syndrome**  
[www.anzmes.org.nz](http://www.anzmes.org.nz)
- Youth Week**  
[youthweek.co.nz](http://youthweek.co.nz)
- World Smokefree Day**  
[www.worldsmokefreeday.org.nz](http://www.worldsmokefreeday.org.nz)
- World Environment Day**  
[www.world.environment.govt.nz](http://www.world.environment.govt.nz)
- Everybody**  
[www.everybody.co.nz](http://www.everybody.co.nz)
- NZ Blood Service**  
[www.nzblood.co.nz](http://www.nzblood.co.nz)



### CPH WEBSITE CHANGES

Over the coming months, due to changes in the way Community and Public Health is structured, the CPH website will be under going redevelopment. Ordering of resources shouldn't be affected, but problems may arise with finding some content. Please contact Claire if you have any issues on 03 3786754.

**From the Community Health Information Centre (CHIC) Staff: Sue, Lesley and Claire**  
**Free Health Resources. Supporting active and healthy lifestyles**