

With autumn on our doorstep, one of the things you can do to stay well is to get a flu vaccination. You'll find a few tips on how to help your employees be prepared in this **Healthy Workplaces Update for April** ...

- **Fight the flu – get immunised! Tips for workplaces**
- **Upcoming dates for your health calendar**
- **Ideas to share and be more active in Christchurch**

Fight the flu – get immunised



Influenza (the flu) spreads easily and up to 1 in 5 of us come in contact with the flu every year.

Having staff away from work because they have caught the flu can be very costly for your organisation: in 2014, the average total cost for an absent employee was \$616. Research shows that employees who have been vaccinated have up to 45 percent fewer lost workdays.

Providing free or subsidised flu vaccinations are a relatively inexpensive way of enhancing your workplace wellbeing and can reduce absenteeism.

What can your organisation do?

The most effective thing you can do is offer (free or subsidised) immunisation to your staff.

This can be done by using a workplace vaccinator, your local GP or your local pharmacy.

A **workplace vaccinator** can come in to your place to administer the vaccine with minimal interruption to your productivity. Often they can be scheduled to work in with your company's needs such as shift work timetables. The cost varies depending on your number of employees but is usually around \$30 per person. Click here to find a [Workplace Vaccinator](https://www.influenza.org.nz/sites/default/files/Workplace%20Vaccinators%202015.pdf) or <https://www.influenza.org.nz/sites/default/files/Workplace%20Vaccinators%202015.pdf>

A **GP** can also offer this service. If employees don't have a (regular) GP yet, click here to find [a GP](https://www.healthnavigator.org.nz/services) in your area or <https://www.healthnavigator.org.nz/services> Some GP services also offer walk-in vaccination services, or can even arrange workplace visits and these range from \$24 to \$45 per vaccination.

Some **pharmacies** also offer flu vaccinations - click here to find a list of [vaccinating pharmacies](https://www.influenza.org.nz/sites/default/files/Pharmacies%20Vaccinating%202015.pdf) or <https://www.influenza.org.nz/sites/default/files/Pharmacies%20Vaccinating%202015.pdf>

Flu vaccinations at a pharmacy cost between \$30 and \$45 per person. You could consider setting up an account at one of these vaccinating pharmacies so all your employees need to do is turn up. Some pharmacies even offer a free coffee while your employees are waiting! Have a chat with one of the vaccinating pharmacies – some can also arrange to come over to your workplace to vaccinate people.

**Remember that some people (in your workplace) can get a free flu vaccination:
pregnant women and those over 65 for example.**

More info about this is found here <https://www.influenza.org.nz/eligibility-criteria>

Spread the word, not the flu

Even if your organisation is not able to offer a (free or subsidised) influenza vaccination programme, it is still a good idea to promote and encourage getting the 'flu jab' among your staff.

Here are some tips on how to run a successful flu vaccination programme:

- Develop an immunisation policy, or include an immunisation policy in a standard employee wellbeing policy.
- Provide facilities for hand hygiene (soap and hand washing facilities, alcohol hand gels and hand towels) and encouraging staff to practice good personal hygiene.
- Practice environmental infection control such as making sure that work surfaces, communal bathrooms and eating areas are regularly cleaned.
- Appoint an Immunisation Champion to organise and promote your vaccination programme by using email reminders, posters and flyers in high traffic areas such as cafeterias, locker rooms, and staff meeting areas.
- Offer staff incentives for getting their flu shot, such as providing it to them for free, offering refreshments, or hosting contest for the department that has the highest number of employees who get vaccinated.
- Encourage managers to lead by example and be amongst the first to get vaccinated.
- Encourage unwell staff members to stay away from the workplace until they are no longer infectious.

Influenza.
Don't get it.
Don't give it.

For more tips and information on promoting infection control and immunisation in your workplace, go to:

www.workwell.health.nz/workwell_infection_control_and_immunisation

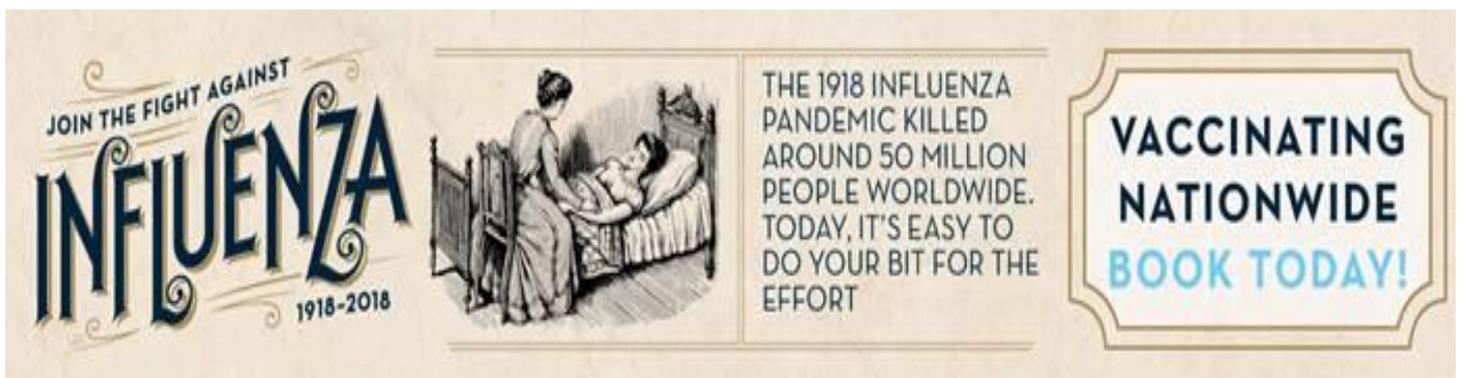
www.fightflu.co.nz

[Vaccination venue/time poster](#)

[Brochure for your staff](#)

[Influenza immunisation poster](#)

[After immunisation leaflet](#)



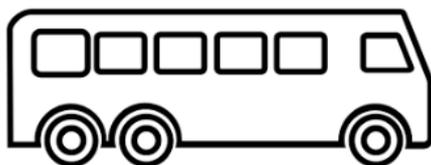
Upcoming events for your calendar

April	7 – World Health Day www.who.int
Paengawhāwhā	30 April / 6 May – World Immunisation Week www.immune.org.nz
	28 – World Day of Safety and Health @ Work http://www.un.org/en/events/safeworkday
May	5 – World Hand Washing Day www.handhygiene.org.nz
Haratua	31 – World Smokefree Day www.smokefree.org.nz/

Ideas to share and become more active in Christchurch

Remember to check out

www.metroinfo.co.nz/journeyplanner/?Region=Christchurch&mode=full



to help plan your

trip to and from these events

Vaisakhi Mela and Kabaddi Tournament - 31 March from 11am at Burnside Park

Come along to this free event organised by Christchurch Punjabi Social and Cultural Group. Vaisakhi Mela is a vibrant festival with cultural dance performances, food stalls and lots of opportunity to meet and greet!

To find out more about the sport of Kabaddi (a contact team sport) check out the event on

<https://www.facebook.com/events/1078474562306010/>



Mt Pleasant Squash Club Open Day - 7 April from 11am till 1pm at 3 McCormacks Bay Road, next door to the community centre

All welcome to the Club's open day.

Linwood Repair Café - 7 April from 12.30 till 2.30 at the Linwood Resource Centre, 332 Linwood Ave

A Repair Café is a place where volunteers offer their skills for free to help repair broken stuff. Help our environment – Repair, Recycle and Reuse!

Ferrymead Night Market - 7 April from 5pm till 9p at the Ferrymead Heritage Park, 50 Ferrymead Park Drive, Heathcote

Stalls, food trucks, bouncy castle, entertainment and Vulcan Railcar, tram rides and more. We have two stall sites available free of charge for not-for-profit groups to do an information or fundraising stall. Contact the co-ordinator for more info on info@ferrymead.org.nz or 384 1970. Check out

<https://www.facebook.com/ferrymeadnightmarket/>

Free Zumba in the Park Season - extended to 13 April

Join Mele on Fridays at 10am till 13 April at Doris Lusk Reserve next to Linwood Community Arts Centre, corner Stanmore Road and Worcester Street. No registration required - just turn up and dance away!

Happy Birthday Phillipstown Hub - 14 April from noon till 3pm at 39 Nursery Road

Join the Hub and all the fantastic groups to celebrate the third birthday. Family day with lots of fun for young and adults: games, activities, bouncy castle and food. Free event!

DIY Dance at Phillipstown Community Hub

Do you like to dance? Do you like to move as free as you want? Come along on **Tuesdays from 1 – 2** at Room 4, at the Phillipstown Community Hub, 39 Nursery Road. Koha but do not worry!

Hawaiian Dancing Class

Come and learn Hawaiian dances on **Tuesdays from 6.30 until 8pm** in Room 1 at the Phillipstown Community Hub, 39 Nursery Road. Contact Zilla by email zgs@xtra.co.nz

Man Up

We are a support group for men within a confidential environment where they can share, discuss, encourage and support each other. Contact Karn via email kvrasta@hotmail.co.nz or 0275 098761. On **Wednesdays in room 10 and Thursdays** in room 9 at the Phillipstown Community Hub, 39 Nursery Road

Education Survey Now Open. Summit 5 - 6 May

The Prime Minister has launched a survey for children, young people, and parents to help inform a major review of Education for the next 30 years. Christchurch and Auckland will host related summits in May. The Ministry is working with stakeholders for invitations, and Minister will be sending them. The survey is available in English, Te Reo, and Pacific languages: <https://conversation.education.govt.nz/>. To read more about the education programme: [Education Portfolio Work Programme](#). Contact: Leah Haines 027 277 8281 or leah.haines@parliament.govt.nz

Sunday 13 May – free Mother’s Day Fun Run / Walk or Stroll

Join a 5km run, walk or stroll at South Hagley Park. All participants receive an event t-shirt designed by Dick Frizzel. Register online at: www.jennianmothersday.com



Want more information about the **Healthy Workplaces Update?**

Please contact **Ann Vanschevensteen** at Community & Public Health (a division of the Canterbury DHB) on 378 6781 or ann.vanschevensteen@cdhb.govt.nz