

General practice and pharmacies are essential services and will remain open during the lockdown.

GENERAL PRACTICE UPDATE

- If you are unwell, stay at home and call the practice for advice.
- We may do a phone consult with you or set up a time for a face-to-face appointment.
- If you are over 65 please contact us about getting your flu vaccination.
- If you think you have COVID 19 ring us OR go directly to your nearest Community-Based Assessment Centre (CBAC).

PHARMACY UPDATE

- Some pharmacies are restricting access inside the pharmacy, so please keep the 2 metre distance between people.
- There is plenty of medication available - we are not anticipating shortages.
- All prescriptions are now dispensed in 30 day lots to help manage this.
- If you need to collect a repeat prescription please ring a day or two ahead if possible.
- If you are unable to collect your prescription ask us about having your medicines delivered.

TE RANGA TUPUA RESPONSE HUB
0800 202 004

The Hub has been busy, with our kaimahi contacting 1170 people and 506 whānau directly in the last week. Kaumātua and whānau with chronic conditions take priority, however all those in need are being offered support.

“Knowing we have whānau here to meet our needs so we don’t have to leave home is comforting,” Kaumātua Whairiri Renata Nikora says.

Ring the Te Ranga Tupua Response Hub Monday to Friday from 8.30am to 5pm with the **0800 202 004** number available 24/7 for all whānau in the Whanganui, Rangitikei, Ruapehu, Otaihape and South Taranaki Region.



KEEP UP TO DATE
but stick to credible
information sources, such as
www.covid19.govt.nz



**FOCUS ON THINGS
YOU CAN CONTROL**
Stay at home, wash your hands and only
have contact with the people you live with.



KEEP CONNECTED
to friends and family/whānau and
support each other. Phone, text, talk over
the fence or visit (keep 2 metres apart).



HEAD OUTSIDE IF YOU CAN
Physical activity and natural surroundings
makes you feel better, but this must be
solitary or with those you live with.



**KEEP IT IN
PERSPECTIVE**
For most people, COVID-19 will
be flu-like symptoms.



**KEEP DOING THE
THINGS YOU ENJOY**
to make you feel happy and calm
while following the Level 4 restrictions.



TAKE A BREAK
from social media and news, and
be selective about what you follow.



INVOLVE YOUR KIDS
Make a plan, teach kids how they
can help, follow routines and
be available to them.



**CONSIDER ASKING TO
CHANGE THE SUBJECT**
if you're finding the COVID-19
conversation overwhelming.