

COVID-19 AND FLOODING

20 August 2021

Nei rā te reo mihi kia a koutou katoa - Greetings to you all...

The COVID-19 Level 4 Lockdown comes at a particularly difficult time for those folk who have had to move out of their homes, or are living in yellow-stickered homes.

With potentially mouldy houses, being outside when the weather permits is healthy and good for general wellbeing. Make sure you're within the Covid-19 guidelines - stay in your bubble, maintain physical distancing, and keep walks short, local, and for essential exercise only. And keep an eye on the kids - the soil might be contaminated and digging in the dirt in flood-affected areas is not recommended.

If you're feeling in need of talking to someone – call or text 1737 any time of day or night.

Remember all people enrolled at both Buller Medical Centre and Coast Medical in Westport who have been directly affected by the recent flood event have zero fees for GP and Nurse Practitioner appointments until early November this year.

For free health advice after hours, enrolled patients can call their GP practice and follow the instructions on the answerphone – for Buller Medical Centre ring 03 788-9277 and for Coast Medical ring 03 789-5000.

If it's an emergency, please call 111.

For health advice at any time:

- Talk confidentially about a meth or P – **0800 METH HELP 0800 6384 4357**
- The **Alcohol Drug Helpline** offers support to anyone concerned about their own or someone else's drug or alcohol use **0800 787 797**
- For Māori whanau, message, phone or email **rehia.mcdonald@teha.nz, 021 028 3484** at **Te Hā O Kawatiri** if you need support
- Contact Poutini Waiora – a kaupapa Māori health and social service provider that delivers holistic care to whanau across Te Tai O Poutini. **Free Call: 0800 333 170, Press 3 for Kawatiri**
- For **wellbeing support** you can talk to a counsellor free of charge, call or text **1737** any time of the day or night
- For **pregnancy support** and advice over the phone, please call your LMC/midwife
- If you have questions about your young child or baby's health phone **Plunketline** on **0800 933 922** to speak to a Plunket nurse
- Visit the **HealthInfo** website for trusted health advice on a range of issues
- **Buller Pharmacy** at 168 Palmerston Street Westport is open for over the counter medications and health advice – please wear a mask, socially distance and dress for queuing outside.
- Call **Healthline** on **0800 611 116** – calls are answered 24/7. If you need to be seen, they will tell you what to do and where to go.
- If you are still living in a red or yellow-stickered house, be aware that dampness and mould can be bad for your health / your children's health. Make sure you're taking extra care to wash your hands using soap, or regularly using sanitiser. Clean and disinfect surfaces often. Use diluted household bleach (1 litre of bleach to 10 litres of water) on any areas where mould has developed.

The Buller Community Hub at 175 Palmerston St is currently closed while the community is in COVID-19 Level 4 lockdown. For welfare needs because of the COVID-19 Level 4 Lockdown, phone 0800 768 348 to be connected to advice and support services.

Kia kaha, kia maia, kia manawanui
Be strong, be brave, be steadfast!

FIVE WAYS TO WELLBEING



CONNECT

TALK & LISTEN,
BE THERE,
FEEL CONNECTED



Give

Your time,
your words,
your presence



TAKE
NOTICE

REMEMBER
THE SIMPLE
THINGS THAT
GIVE YOU JOY



**KEEP
LEARNING**

EMBRACE NEW
EXPERIENCES,
SEE OPPORTUNITIES,
SURPRISE YOURSELF



**BE
ACTIVE**

DO WHAT YOU CAN,
ENJOY WHAT YOU DO,
MOVE YOUR MOOD

**INTRODUCE THESE FIVE SIMPLE STRATEGIES INTO
YOUR LIFE AND YOU WILL FEEL THE BENEFITS.**

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mauri tū, mauri ora

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