

# SCHOOL HEALTH E-NEWSLETTER

Te Kura Hauora Rorohiko Panui

Term 2 2018

Regional Public Health's School Health & Immunisation Group  
Hutt Valley, Wellington, Porirua and Wairarapa regions. Please forward to all school staff.

**Regional Public Health**  
HAUORA Ā IWI KI TE ŪPOKO O TE IKA A MĀUI  
Better health for the greater Wellington region

*Our aim is to support students with their health and improve their learning outcomes.*  
We will inform you of 'hot health topics' and how to recognise evidence versus sensationalism!

## > Car Seats/Booster Seats

Under New Zealand law, all children under seven years of age must use an approved child restraint appropriate for their age and size. Children aged seven must be secured in a restraint if one is available in the vehicle.

### Requirements for child restraints (Car/Booster Seats):

AGE OF CHILD:	THE LAW SAYS YOU MUST:
Until their 7th birthday	Correctly secure your child in an approved child restraint.
From their 7th to their 8th birthday	Correctly secure your child in an approved child restraint if one is available in the vehicle (and if not, in any child restraint or safety belt that is available).
From 8th birthday to 14 years old	Must use safety belts if available. If not available, they must travel in the back seat.
Over 14 years old	Must use safety belts where they are available.

International best practice recommends the use of an appropriate child restraint (or booster seat) until your child reaches 148cm tall or is 11 years old.

Further information can be accessed [HERE](#).

## > Immunisations

In term two the School Based Immunisation Nurses will be holding clinics once again. This term we will be primarily vaccinating Year 7 students. Year 7's receive the Boostrix immunisation, which includes Tetanus, Diphtheria and most importantly Pertussis (Whooping Cough).

We will also offer any Year 8 students who missed their HPV vaccine the opportunity to have the HPV vaccine at school.

If you have any queries or need more information please don't hesitate to contact the team on 587 2949.

## > Hand washing

Washing hands with soap, followed by thorough drying - an equally important step - helps reduce the spread of colds and other illnesses in children. This in turn reduces absenteeism from school.

Having warm water for hand washing encourages and supports children to wash their hands.

[HERE](#) is a link to a poster that can be ordered through our RPH Resource Centre.

## > Influenza

### What is the Flu?

The flu is another name for influenza and it can be a serious illness that is sometimes fatal. Those at greatest risk are the very young, elderly or those people with a suppressed immune system. It is caused by a virus and spreads through the air (droplets) when people sneeze, cough or touch with dirty hands. The incubation period is 2-5 days and symptoms include, high fevers 38°C lasting several days, coughing and a sore chest, severe exhaustion and aches and pains.



### How to tell the difference between the flu and a cold:

FLU	COLD
Sudden onset moderate to severe illness	Mild illness
Fever usually very high	Mild fever
Headaches (may be severe)	Mild headache, congested sinus's
Dry cough - may become moist	Sometimes a cough
Muscle aches and shivering	Muscle aches are uncommon
Bed rest is needed	Runny nose
Severe complications such as pneumonia	

### Preventing the Flu is a community responsibility

- Stay at home if you are unwell.
- Hand washing especially after handling tissues, before preparing food, smoking and eating.
- Cover your mouth and nose with a tissue when coughing and sneezing.
- Get the flu vaccine ( The immunization will be available at your GP or ask your work place).

### DON'T LET THE FLU BUG YOU IN 2018.

WE can all help in preventing the Flu.

**CATCH IT:** Cover your face when you cough or sneeze.

**BIN IT:** Throw away used tissues straight away.

**KILL IT:** Clean your hands thoroughly and often.

Annual vaccinations reduce the risk of flu, speak to your GP now.



## > Influenza vaccination

The influenza vaccine is available now at your GP or Pharmacist. This vaccine protects against 4 flu strains including the "Aussie flu strain" that has been severe in Australia, USA and UK.

Immunisation and good hygiene remain our best line of defence in preventing an outbreak and spread of the illness.

The vaccine is free for pregnant women, older people and those with certain medical conditions.

More information is available on the Regional Public Health [WEBSITE](#).