

PUBLIC HEALTH HEALTH NEWS FOR SCHOOLS

July 2019, Issue 22

THIS ISSUE:

- **HEALTHY HOMES GRANT**
- **WHAT IS MOULD?**
- **KEEPING THE HOUSE WARM**
- **VISION AND HEARING SERVICE**
- **HEALTH INFORMATION RESOURCE ROOM**
- **MEASLES OUTBREAK**
- **RECIPE - ROASTED CARROT SOUP**
- **CHEAP WAYS TO CLEAN YOUR HOUSE**

HELLO, Kia Ora Koutou – Malo e Lelei-Talofa Lava – Ni Hao

Welcome to the 22nd issue of the Public Health - Health News for Schools newsletter. Articles in this edition include ideas for keeping your home warm, how to access assistance for home insulation and the latest information on measles. Please share this newsletter or any of the information in the newsletter with staff, parents, families/whānau and caregivers.

HEALTHY HOMES GRANT

Warmer Kiwi Homes is a four-year Government programme. Grants cover two-thirds of the cost of ceiling and underfloor insulation. In some areas, generous funding from community organisations means the cost to the homeowner is even lower.

How to apply for a Warmer Kiwi Homes grant:

Go online and use the online tool to find out if you are eligible for a Warmer Kiwi Homes grant.

Be aware that funding is limited

Am I eligible for a Warmer Kiwi Homes grant?

To be eligible for a grant you will need to:

- be the homeowner (owner-occupier) of a home built before 2008 AND
- have a Community Services Card or SuperGold combo card, OR
- own and be living in a home in an area identified as lower-income OR
- be referred by the Healthy Homes Initiative

<http://www.energywise.govt.nz/tools/warmer-kiwi-homes-tool/>



WHAT IS MOULD?

Mould is a type of fungus that grows in damp areas inside and outside of the home. It appears in speckled patches or streaks that become larger as it grows. Often also referred to as mildew.

Small amounts of mould are common in most houses in New Zealand and usually don't cause any health concerns. However, if left to grow in large quantities it can cause serious health problems. Mould releases thousands of tiny or invisible spores into the air. These spores can cause serious health issues when breathed in, especially for elderly people, infants, people with weak immune systems, and those with asthma or other respiratory problems.

White vinegar is the best way to kill or clean mould. Spray directly onto the mould using a spray bottle or wipe it on with a clean cloth. An old toothbrush is useful for cleaning in corners. Remember to clean the cloth or throw it away when finished so that the spores don't spread.



KEEPING THE HOUSE WARM

Keeping your family healthy this winter means keeping your home warm and dry.

Keep your home warm and dry, and create as much space to spread out around your home, rather than having to crowd in the same room. Having more warm rooms and more sleeping spaces available means germs such as strep throat, which can lead to rheumatic fever, are less likely to spread.

If you choose to follow even just a couple of tips, your home could be cheaper to heat and more comfortable to live in, and you will be helping to protect your family from health problems.

Key tips for a warmer, drier home:

Find out about getting your home insulated

Insulation keeps heat inside your home in winter, and keeps it out in summer. This makes it easier to warm your home.

You may be eligible for subsidised insulation installed through the Warmer Kiwi Homes programme.

Get assistance from Work and Income

Some families may be able to get help from Work and Income to keep your home warm and healthy, or if your children are unwell.

Sleeping

Children should have their own beds or sleep top to toe. This gives them head space, so that if they're coughing and sneezing throughout the night they are not doing it all over one another.

Curtains

Open the curtains and windows in the morning, this allows the sun to heat your home for free. Remember to always close your curtains at night and get that heating going.

Heating

Try to keep your home warm and dry in the colder months to stop the kids from getting sick.

Condensation

Wipe off condensation. After a cold night water may get on the windows and walls, so it is important to wipe this up with a cloth. Damp air is more expensive to heat so when your house is drier, it's cheaper and easier to heat.

Windows

Open windows every day to let some fresh air in. It also stops steamy areas getting damp and mouldy.

Draughts

Stop draughts. If you don't have a draught stopper, you can roll up a dry towel and that will stop the draught from coming in. It's really important to stop draughts coming under the door and through the windows because it helps to keep your house warm.

Mould

Remove mould as soon as you see it, it's really important to clean it off straight away. To make up the solution simply add one capful of bleach to every litre of water. If you don't have bleach, you can also use vinegar to get rid of the mould. Never mix bleach and vinegar together. Whatever you use, leave it on for about 15 minutes and rinse it off with warm soapy water.

Washing

Dry washing outside when you can. Hang your washing out in the sun, carport, or garage as that way it will keep your house dry and it will be less expensive to heat.

<http://www.health.govt.nz/your-health/healthy-living/warmer-drier-homes/warmer-drier-homes-other-languages>

VISION AND HEARING SERVICE

Did you know: MidCentral Public Health Service vision and hearing technicians provide the MidCentral Region with FREE:

- Pre-schooler hearing and vision screening within the Well Child Tamariki Ora programme B4 School Checks
- Tympanogram screening (ear function check) from 18 months
- Year 7 vision screening in schools (long distance sight)
- Hearing screening at regular community clinics for children 4-18 years
- Advice on what to do if tamariki need support for hearing and vision
- Referral to the appropriate agencies for assessment and/or intervention

PLUS:

If your child is four years old and hasn't had a B4 School Check,

contact (06) 356 1506 or (0800) 692 445 or text 021 243 7319 for a FREE appointment. Click here for more information for vision and hearing checks in your area.



COME AND VISIT OUR HEALTH INFORMATION RESOURCE ROOM!

With over 600 different free pamphlets and posters available, the Public Health resource room at 575 Main Street is your first stop for all health related information.

David Hillary says visitors are welcome to come and browse, or phone, email, fax and order by web.

Always popular with ECE's are hand-washing stickers, booklets on healthy eating and posters reminding of immunisation ages.

All ECE's should have a copy of the "Infectious Diseases" poster (see below).

However other subjects in stock include the child safety topics of poisons, swimming, broken glass, fires, driveways, car seats, gardening, hot water, packaging and sun-smart.

The room has a large range of SKIP books giving parenting advice.

If it is not in stock or available in hard-copy, David can also send links to a web resource.

Contact details are:

575 Main Street, Palmerston North
public.healthinfo@midcentraldhb.govt.nz
Phone (06) 350 9110 Fax (06) 3504561
www.healthed.govt.nz



Free Basic Computing



Want to learn some basic computer skills:

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- Create images, text and WordArt
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Sessions available:

Wednesdays and Thursdays

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MEASLES OUTBREAK

Measles outbreak and the current measles vaccination recommendations: Throughout 2019 there have been outbreaks of measles reported, specifically in Canterbury, Auckland and the Waikato. However, cases have also been reported in other areas across the country.

- Measles is highly contagious – and easily preventable.
- It affects both children and adults.
- Two doses of the measles vaccine provides the most effective protection for yourself, your family and the wider community. After one dose of the MMR vaccine, about 95% of people are protected from measles. After two doses, more than 99% of people are protected.
- In New Zealand, if you were born in 1969 or later, you can get the measles vaccine for free.
- Vaccination is particularly important if you are planning to travel anywhere overseas – to protect yourself and to help prevent outbreaks in New Zealand.

The current vaccination recommendations for this region are as follows:

- MMR (measles, mumps, and rubella) vaccine should be given at 15 months and 4 years.
- Children travelling to countries where there are measles outbreaks can be vaccinated with MMR as young as 6 months, however the vaccine's effectiveness is lower at this age, so any

babies vaccinated before 12 months of age will still need two further doses of the vaccine at 15 months and 4 years for long term protection.

<http://www.health.govt.nz/your-health/conditions-and-treatments/diseases-and-illnesses/measles>



ROASTED CARROT SOUP

Serves: 4

Preparation: 20 minutes

Cooking: 45 minutes

Ingredients

6 large carrots, peeled & sliced
1 onion, thinly sliced
4 cloves garlic, peeled
2 tablespoons olive oil
1 teaspoon ground cumin
2 x 400g tins whole tomatoes
¼ teaspoon salt
¼ teaspoon pepper

Method

Preheat the oven to 180°C on fan bake.
Place carrot, onion and garlic onto a tray and lightly cover with oil. Sprinkle with salt, pepper and cumin.
Roast for 30 minutes or until the vegetables are tender and brown. Allow to cool.
While the vegetables are cooling, drain the juice from the tomato

cans and place into a bowl.

Add half of the roasted vegetables to a blender or food processor with half of the tomatoes. Add 1/3 cup water and blend until smooth. Pour into a saucepan.

Blend the remainder of the roast vegetables, tomatoes and 1/3 cup of water until smooth. Add to the saucepan.

Heat saucepan over medium heat and let simmer for 10 minutes. Pour into serving bowls and top with fresh herbs.



CHEAP WAYS TO CLEAN YOUR HOUSE

You don't always have to buy expensive cleaning products for general household cleaning. You may have some very good cleaning products already in your kitchen cupboards.

These cleaning tips are not new – they've been used successfully for many generations. Make your own cleaning kit using four readily available ingredients: baking soda, salt, white vinegar, lemon juice. These can be as effective as commercial products and are definitely much safer and less expensive. Baking soda can help remove strong, smelly odours from household laundry even when, after repeated washing, they still linger. Soak clothes overnight in a ½ cup of baking soda to 1 bucket of water before washing in the washing machine.

White vinegar naturally cleans like an all-purpose cleaner. Mix equal quantities of water and vinegar into a spray bottle and you have a solution that will clean most areas of your home. It is not only a great cleaning product but can be also used as a disinfectant and deodoriser. It is safe to use on most surfaces and has the added bonus of being incredibly cheap.

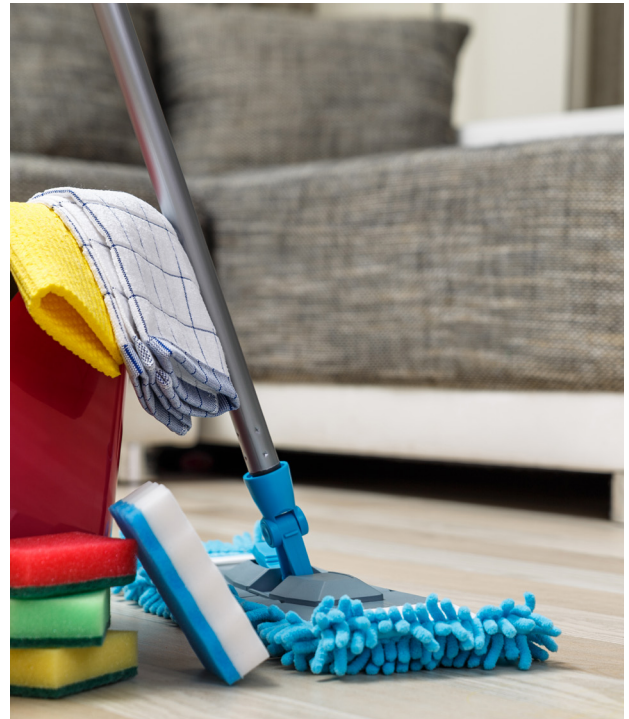
Add ½ a cup of vinegar to a bucket of water and use to mop the bathroom and kitchen floors.

Lemon juice can be used for cleaning around your home. Mix with vinegar and/or baking soda to make cleaning pastes. Cut a lemon in half and sprinkle baking soda on the cut section and use to scrub dishes, surfaces and stains. SALT can be used to soak up carpet spills. Pour it over the stain –

wait until it's dry, then vacuum and clean as usual.

For more tips check out www.hnzc.co.nz

Cheap and environmentally friendly hints and tips for around your home.



TIPS TO PREVENT GETTING SICK

Good health habits such as covering your cough and washing your hands can help stop the spread of germs and prevent illnesses like the flu.

1. Avoid close contact.

Avoid close contact with people who are sick. When you are sick, keep your distance from others to protect them from getting sick too.

2. Stay home when you are sick.

To help prevent spreading illness to others stay home from work and school.

3. Cover your mouth and nose.

Cover your mouth and nose with a tissue when coughing or sneezing. It may prevent those around you from getting sick.

4. Clean your hands.

Washing your hands often will help protect you from germs. If soap and water are not available, use an alcohol-based hand rub.

5. Avoid touching your eyes, nose or mouth.

Germs are often spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose, or mouth.

6. Practice other good health habits.

Clean and disinfect frequently touched surfaces at home, work or school, especially when someone is ill. Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious food.

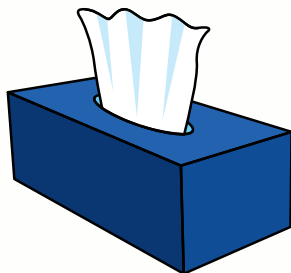




Sneeze Safe®



4 TIPS TO HELP KEEP SNEEZESAFE®

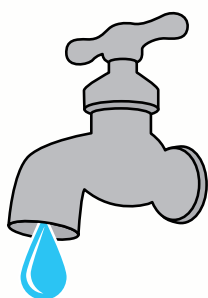


1. TRAP IT!

Always TRAP your sneeze with a tissue, the inside of your elbow, or cupped hands covering your nose and mouth.

2. BIN IT!

Always BIN your tissue after using it once.



3. WASH IT!

If you sneeze into your hands, always WASH them afterwards.

4. DON'T EAT IT

Wash your hands before eating and keep them away from your eyes, nose and mouth. Don't share drinks or food.



For more information on how to get your school SNEEZESAFE® visit:

www.sneezesafe.co.nz



PUBLIC HEALTH NEWS FOR SCHOOLS

PUBLIC HEALTH NEWS FOR SCHOOLS ONLINE.

You can access 'Public Health News' from the MidCentral District Health Board website: <http://bit.ly/1QWrrll>

This latest issue, as well as back issues, are available on the website. So if you remember seeing an article that was of interest and you'd like a copy, it is now only a click away.

QUOTE

*"Children see magic because
they look for it"*

— Christopher Moore, writer

CONTACTS

Public Health Services

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Private Bag 11 036
Palmerston North 4442

Health Protection Officers Health Promotion Advisors

Public Health Unit
Community Health Village
Palmerston North Hospital
Phone (06) 350 9110
Fax (06) 350 9111

Public Health Nurses Vision & Hearing Technicians Health Information Resource Centre

575 Main Street
Palmerston North
Phone (06) 350 4560 or 0800 153 042
Fax (06) 350 4561

Child & Adolescent Oral Health

Rimu House
Community Health Village
Palmerston North Hospital
Phone (06) 350 8619
or 0800 825 5833

Public Health Information Resource Centre

575 Main St
Palmerston North
Phone (06) 350 4560
or 0800 153 042
Fax (06) 350 4561
Email public.healthinfo@midcentraldhb.govt.nz

Please email any comments about the newsletter, and ideas for future articles (including health and wellbeing initiatives your centre would like to share) to: pam.owen@midcentraldhb.govt.nz. For any enquiries please phone 0800 153 042
- we are happy to provide you with information and answer any questions you have.