



Runanga Whakapiki Ake I Te Hauora O Aotearoa Health Promotion Forum of New Zealand

Special Edition
May 2009

Rongo Korero o Hauora

E-news Bulletin 4

About Rongo Korero O Hauora

Rongo Korero O Hauora is an e-news bulletin from the Health Promotion Forum (HPF). Its purpose is to inform you of health promotion events, issues and training opportunities as they happen. It will also alert you to new releases and research. *Rongo Korero* is a companion publication of our main newsletter, *Hauora*, which provides a detailed analysis and report on news and issues. Enjoy *Rongo Korero*. Your feedback and input is most welcome - Helen Rance, Editor

This is a special edition to bring you news about influenza A (H1N1) aka swine flu or Mexican swine flu.

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Influenza A (H1N1) Swine flu Update

The situation continues to evolve rapidly as influenza A (H1N1) is reported in more countries.

New Zealand is among the countries which have reported laboratory confirmed cases with no deaths. In early May there were currently 21 countries with reported cases (21 including New Zealand). The countries are: Mexico, the United States, Austria, Canada, China, Hong Kong, Costa Rica, Colombia, Denmark, El Salvador, France, Germany, Ireland, Israel, Italy, Netherlands, New Zealand, Portugal, Republic of Korea, Spain, Switzerland and the United Kingdom.

All cases in New Zealand are mild and people are now well or recovering although more cases are being reported, assessed and managed.

We are now at the start of our usual winter flu season, so for people who haven't travelled to an affected area or been a contact of a swine flu case, any illness is likely to be a cold or the normal seasonal influenza.

Health promoters can contribute by supporting public health colleagues and disseminating information, raising awareness and encouraging people to be diligent about hygiene. Attention to precautions will help reduce the spread of the flu and minimise the potential health, economic and social impacts.

As with any flu –

- Coughs and sneezes should be caught in a tissue and the tissue disposed of in the trash or a plastic bag. If tissues aren't available use the inside crook of your elbow.
- WASH YOUR HANDS with soap and water for at least 20 seconds after any cough or sneeze, and on a regular basis. Dry your hands for at least 20 seconds after washing them. Wash and dry hands before preparing food and eating, after blowing noses, wiping children's noses, visiting the toilet, or looking after sick people. Alcohol based hand cleaners are also effective.
- Eat healthy foods. (There is no risk from the consumption of well cooked pork or pork products.)

- Vaccination against seasonal flu helps protect people from seasonal flu. Work is being done on developing a vaccine against Influenza A (H1N1).
- Stay at home if you get sick and limit contact with others to reduce the risk of them being infected.
- Tamiflu is a medicine for the treatment of flu. People should see their doctor or pharmacist before commencing Tamiflu and follow the doctors or pharmacists instructions carefully.
- People with concerns should call their practice nurse or general practitioner or **Healthline 0800 611 116**
- Anyone with flu-like symptoms who has travelled from Mexico, and other parts of Central or North America over the past seven days, should stay at home and phone their doctor for medical advice immediately.

Further information on the situation is available on a regular basis from the following key websites:

Ministry of Health

<http://www.moh.govt.nz/moh.nsf/indexmh/mexican-swine-influenza-update-270409> The latest information on the New Zealand situation, alert status, travel advice, media releases and press conferences.

World Health Organisation

<http://www.who.int/csr/disease/swineflu/en/index.html> Information on this page tracks the evolving global situation and provides access to both technical guidelines and information useful for the general public.

Centres for Disease Control and Prevention

<http://www.cdc.gov/swineflu> An American site packed with information and facts for general public and guidance for professionals.

HPF is on the Move

On Thursday **7 May** the HPF will relocate to Level 1, 25 Broadway, Newmarket, Auckland. The postal address will remain the same, P O Box 99 064 Newmarket, Auckland 1149. During the relocation emails and phones will be checked regularly. Please leave a message and indicate if you need an urgent response. HPF staff and management thank you for your patience.

Events

HPF Symposium 2009: “Hauora, everyone’s right 2009”

The keynote speakers include Professors Mason Durie and Philippa Howden-Chapman and interactive workshops will cover topical issues such as global warming, global inequalities, global colonisation and the global recession.

Special accommodation deals at the Brentwood Hotel, see the symposium flyer for details. If you have missed a flyer contact Helene on <mailto:reception@hauora.co.nz> or watch the HPF web site www.hauora.co.nz for more details.

HPF Seminars “The Social Determinants of Health” 10am – 3pm

12 May, Christchurch,
20 May New Plymouth
26 May Whangarei

This workshop will discuss the recent report of the WHO Commission on the Social Determinants of Health and consider the implications for health promotion practice in this country. Cost \$60.75 for members and \$67.50 for non members includes gst and a light lunch.

Check the HPF web site for other seminars, and workshops, www.Hauora.co.nz

Editor - *Helen Rance with input from the HPF Operations Team.*

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