

Greenhithe Medical Centre



April 2022

This month's topics in focus



COVID-19 and your mental health and wellbeing

This animation outlines the things you can do to support your mental health and wellbeing while you're isolating at home with COVID-19. [Watch now.](#)



Using technology to recover from COVID-19 at home

If you test positive for COVID-19, you'll be given digital tools to help you look after yourself and others. [Watch this animation](#) to learn more.



How to assess your breathing rate

If you have COVID-19, learn how to measure your breathing rate and find out ways to help make your breathing easier. [Watch now.](#)



COVID positive and pregnant

If you are pregnant and have tested positive for COVID-19, watch this video to learn what to look out for and how to get medical care and support while you are isolating at home. [Watch now.](#)



COVID-19 contact tracing for workplaces

In this animation workplaces can learn how to handle contract tracing when an employee tests positive for COVID-19. [Watch now.](#)

[See more of this month's new or updated topics](#)

Understanding medicines



Omeprazole

Omeprazole is a medicine used to treat problems affecting your stomach and gut, such as indigestion, reflux and ulcers. Find out how to take it safely and the possible side effects. [Read more.](#)

Top tips for wellbeing



Encouraging tamariki to read for pleasure

Reading for pleasure is not only an enjoyable experience – it's also good for your child's development. [Read our top tips](#) to help encourage your tamariki to read for pleasure.

Support near you



COVID-19 – self-isolating if you are old or have a disability

If you are older or have a disability and test positive for COVID, you're at greater risk of being unwell and need to monitor yourself carefully. Find out how to get basic supplies and support, managing your symptoms and when to seek medical help. [Read more.](#)

There's an app for that



Paced breathing app

Paced breathing is an app designed to help you improve your breathing. The app will help users to breathe at the pace they are aiming to breathe at and to focus on their breathing exercises. [Read more.](#)

Recipe of the month



Slow cooker beef curry with kumara and spinach

This slow cooker recipe from Healthy Kids is a warming family meal full of flavour. [Read the recipe.](#)

Have a different question?

You can now visit the Health Navigator website to get more health information without using any data on your phone. Tell your friends and whānau! Find out more about [data-free access](#).