



Greenhithe Medical Centre



May 2023

This month's topics in focus



What is measles?

Measles is an infection that spreads very fast and can cause serious illness. Vaccination rates in our community are low and this puts whānau at risk. [Watch this short video](#) and make sure you and your family are protected.



Want to quit smoking?

Eighty per cent of smokers wish they had never started. Are you one of them? If you're ready to quit, increase your chances of success by using a [quit smoking treatment](#) and a support programme. [Find FREE services and support](#) in your community today.



World Asthma Day

One in four tamariki in Aotearoa New Zealand will have asthma during childhood. **Asthma** is when your airways are sensitive and react to certain triggers by narrowing. This leads to wheezing, coughing and difficulty breathing. Your tamariki may need a preventer or access to life-saving medication — ask your healthcare provider for more information.



It's flu season!

Getting the flu vaccine is one of the best ways to ward off serious illness and stay healthy and it's FREE if you are:

- aged six months – 12 years old, or over 65
- pregnant
- Māori or Pasifika aged over 55 years
- have an underlying health condition.

Find answers to common questions about the vaccine.

Understanding medicines



Paracetamol

Paracetamol is used to treat different types of pain including headache, migraine, period pain and pain from winter colds and flu. Read our factsheet in **English, te reo Māori, Samoan, Cook Island Maori** or **Tongan** to find out how to take it safely and learn about possible side effects.



Protect against whooping cough

Whooping cough is an infectious disease that causes coughing and difficulty breathing. It can be very serious in young babies. **The vaccination to protect against this serious disease is FREE** for infants, pregnant people and adults aged between 45 and 65 years old. Korero with your healthcare professional to find out if you and your kids are up-to-date with your vaccinations.

There's an app for that



Cancer FIT + app

25,000 people in Aotearoa New Zealand are diagnosed with cancer each year. The Cancer FIT+ app is designed to maximise health for these people following their diagnosis. **Read our recent 5 star review of the app** to see if it's right for you or someone you love.

We have simply awesome news



Our Health Navigator NZ website team has worked tirelessly since 2008 to make health information simple for everyone in Aotearoa New Zealand. Behind the scenes, we're working on our own healthy make-over so we support even more people in their health and wellbeing journeys. Keep an eye on our website and your in-box for big changes later this month!