

Newsletter

May 2019

Welcome!



We are very happy to welcome Dr Lewis Jones to our team until February 2020. Lewis and his young family moved from the UK and stated his NZ adventure at a practice in Darfield before relocating to Ashburton. He has a special interest in the areas of paediatrics, orthopaedics and ENT.

As Dr Katie Williamson is no longer working here, Dr Jones has taken over the care of her patients. We are happy to say that with the enthusiasm already shown by Dr Jones there will be no disruption to the services our team provides. Simply put, it will be business as usual!

Facebook



To keep up with all our news and announcements like our new facebook page: Sealy Street Medical Practice.

Although we are very keen to develop this into a platform for communication, we are unable to give personalised medical advice on this page for both safety and privacy reasons.

Flu

Influenza is more than just a 'bad cold'. Although some of the symptoms are the same, influenza is usually much more severe. Symptoms of influenza include a cough, headache, fever or chills, body aches and pains, fatigue and generally feeling miserable. Commonly called the "flu" it is a serious illness that is sometimes fatal. Even if you do not end up in hospital, influenza can keep you in bed for a week or more, preventing you from doing work, sport or just about anything that requires leaving the house.

The flu spreads from person to person. The influenza virus is transferred in droplets of moisture expelled through breathing, coughing and sneezing. The virus is spread when a person touches any droplets which contain the influenza virus and then touch their mouth, nose or eyes before washing their hands.

We cannot predict from year to year how severe the influenza season may be. The flu virus can change yearly and new strains can emerge to which people are not immune.

To maintain the most effective protection against influenza, annual immunisation is required.

Please phone the surgery to make an appointment if you want a flu vaccine.

They are free for the following groups:

- Pregnant women
- People aged 65 years and older.
- People aged under 65 years with a chronic medical condition
- Children aged 4 years or under who have been hospitalised for respiratory illness or have a history of significant respiratory illness

If you don't fall into any of the above groups it is still recommended you have a flu vaccine. Fees are \$36.00 per person, discounted to a family rate of \$31.00 per child (for this to apply more than one member of the family must be vaccinated).

Measles Update

We are pleased to be able to pass on news from the Canterbury District Health Board that the measles outbreak in Canterbury has been declared over. Unfortunately measles cases have been identified in other areas including Auckland, Bay of Plenty, Wellington, Northland and the Lakes District.

The national recommendations for the delivery of MMR vaccines are:

- Continue with immunising babies at 15 months with a booster at 4 years.
- Vaccinate children and adults up to the age of 50 who have never been vaccinated.
- For those travelling to high risk areas they should be fully immunised before they go, i.e. have had two MMR vaccines.

For those patients who were advised we would recall them for their second vaccine, we haven't forgotten you. It is simply that a bigger supply is now needed in areas of NZ where measles has been identified, thus we have limited stocks.