

Mayors recognising our frontline staff

On behalf of the Whakatāne District, I want to express my heartfelt gratitude to our frontline health workers for their pivotal efforts throughout the duration of COVID-19. To put others' health above the safety of their own and their family is beyond admirable, especially with the extremely high-risk situation that COVID-19 has presented. To have faced the recent devastation of the Whakaari/ White Island eruption response, followed by COVID-19, is certainly testament to the dedication and proficiency of our frontline health workers.

The swift action and leadership from our health sector has been world-class, and I am thankful we live in a country where we have the opportunity to prevent widespread transmission of COVID-19. The care provided by those in the health industry to our communities has been outstanding. Care delivered with professionalism, compassion and kindness during the most challenging times.

I would like to especially acknowledge nurses, ahead of International Nurses Day next week. This often under-valued profession is the backbone of medical care, and nurses provide an essential

role, repeatedly going above and beyond the call of duty to care for their patients.

We are living in extraordinary circumstances and need to adapt accordingly. It is apparent that our health workers have done exactly that.

Thank you to all involved for your resilience, expertise and genuine aroha that you have provided to our communities. I know you've made a difference, and helped to keep people safe, and feeling supported.

As a nation, we have made excellent progress. We are still on a journey and have a way to go yet. Thank you in advance for the work you will undoubtedly continue to do throughout this journey.

Kia haumaru te noho

Mayor Judy Turner

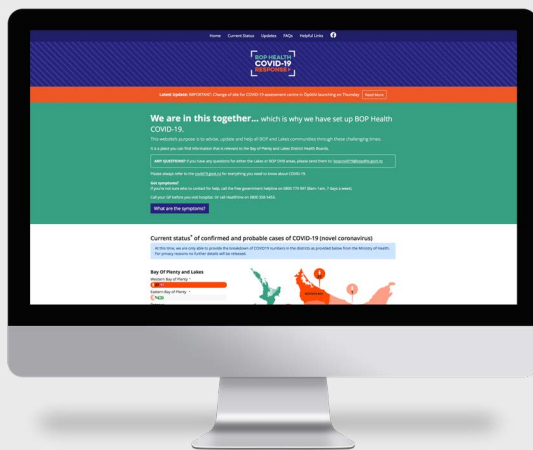


Kia ora koutou, on behalf of the people of the Taupō District I'd like to thank all the medical workers, from doctors and nurses to administrators and technicians, who have been on the front line of our country's COVID-19 response. This has been an incredible time for New Zealand - and indeed the world - with an unprecedented response that saw us declaring a national emergency and going into lockdown. Our District Health Board staff have been at the forefront of that response, leaving their own families and bubbles to stay on the job offering vital medical assistance, testing and tracing, and performing welfare functions for the vulnerable members of our communities.

General practitioners, pharmacists, dental specialists, marae, iwi and Maori health organisations, community organisations, public health groups: so many Kiwis have been a part of this, working long hours and in trying times to help beat this pandemic. For those of us watching and waiting at home, knowing that you were there, working hard and ready to help, was an incredible reassurance. You've done yourselves proud and have showed that the Kiwi spirit of service and determination is as strong as it has ever been. For that, we thank you.

David Trewavas JP

**Taupō District
Mayor**



BOP HEALTH has created a website to help address your Lakes and BOP District Health Board COVID-19 questions.

You can find it at:
covid19.bopdhb.govt.nz

Enquiries to the BOP HEALTH COVID-19 response team can be emailed to: **bopcovid19@bopdhb.govt.nz**

Midwives and Nurses celebrated

The World Health Organization has recognised 2020 as the International Year of the Midwife and Nurse, and celebrated with International Midwives' Day on Tuesday 5 May and International Nurses' Day on Tuesday 12 May.

Midwives and nurses are recognised as being pivotal in quality healthcare, but their role has been further highlighted this year by the threat of COVID-19.

Every day across New Zealand midwives welcome around 168 new babies into the world. Midwives are at the birth of most New Zealand babies - in hospitals, in primary maternity units and in homes.

Now is a good time to acknowledge the significant contribution all our midwives and nurses – not just within the District Health Boards but also the lasting

impacts they have on patients, whānau and the wider community.

- **Lakes DHB employs 44 midwives and 794 nurses**
- **BOPDHB employs 80 midwives and 1478 nurses**

Our heartfelt thanks to you all.

Lakes DHB has prepared some short video clips of a range of our midwives and nurses - you can see them on our Facebook page at www.facebook.com/LakesDistrictHealthBoard



Lakes District Health Board midwives

Listen to your radio

Dr Phil Shoemack, Toi Te Ora Medical Officer of Health shares regular updates through the following networks during their breakfast shows.

- **Radio 1XX**
90.5 FM 92.9 FM 1242 AM
- **The Breeze**
95.8 FM 91.9 FM 100.8 FM
- **The Hits**
95.0 FM 97.5 FM 96.8FM

Ngā reo irirangi Māori

Phyllis Tangitu (GM Māori Health in Lakes DHB) is sharing the latest COVID-19 response information and updates with reo irirangi Māori throughout Te Arawa. Ngati Tūwharetoa liaison is Dylan Tahau.

Hēoi ka whakapaahotia ngā kōrero nei ki runga i ēnei reo irirangi Māori:

- **Te Arawa FM 89 FM**
- **Tūwharetoa FM 97.6 FM/ 87.6 FM**

A full schedule is available on the covid19.bopdhb.govt.nz website.



Flu vaccinations

Up to 1 May, 47,515 flu vaccines have been administered in the Bay of Plenty DHB area and 17,772 in the Lakes DHB area.

There is stock available, so do not hesitate to book in with your GP to get your jab.

More information is available at www.fightflu.co.nz.

Getting tested for COVID-19

BAY OF PLENTY

Assessment centres in the Western Bay of Plenty areas are at:

- Trustpower Baypark Stadium
- Whakatāne (at Whakatāne War Memorial Hall)
- Ōpōtiki (at Ōpōtiki Senior Citizens Hall)
- Kawerau (at the Ron Hardie Recreation Centre Car Park)
- Katikati (at the Katikati Rugby Club – Mon, Wed, Fri 10am-2pm)

Pop-up drive-through assessment clinics are continuing throughout the Eastern Bay of Plenty.

ROTORUA/TAUPO

If you have even mild symptoms and think you need to be tested, please phone the Lakes Covid Assessment line 0800 267 847 to book a test.

All Lakes and Bay of Plenty COVID-19 assessment centres have variable opening and closing times.

A full list can be found here: <https://covid19.bopdhb.govt.nz/assessment-centres>

What Personal Protective Equipment (PPE) do non-health workers need to wear?

COVID-19, like the flu, can be spread from person to person. When a person who has COVID-19 coughs, sneezes or talks, they may spread droplets containing the virus a short distance, which quickly settle on surrounding surfaces.

As well as following basic hygiene measures, you can further protect yourself by reminding customers to physically distance themselves. You might like to use gloves. If you do, still follow basic hygiene – wash your hands with soap and water as soon as you remove your gloves.

Face masks aren't necessary outside of a health setting. If staff have a face mask and choose to wear one they shouldn't be prevented from doing so.

When a face mask is removed:

- avoid touching the front of it
- if the mask has ties, untie the bottom first, then the top tie
- discard the mask, don't use it again
- wash hands with soap and water and dry hands thoroughly or use hand sanitiser immediately after removing the mask.

PPE requirements for essential non-health workers

[CLICK HERE](#) 



New Zealand remains at Alert Level 3, but we can prepare for Alert Level 2

Play it safe, no-one wants a second wave

The Government will make a decision on whether to change from Alert Level 3 on Monday 11 May with an announcement at 4pm by the Prime Minister. Any such announcement will only occur when the Government is confident there is no community transmission and that the virus is contained.

However – in advance of that, here are some Golden Rules for when we move to Alert Level 2.

The Golden Rules for everyone

Do everything you can to reduce the risk of COVID-19 transmission.

1. COVID-19 is still out there. Play it safe.
2. Keep your distance from other people in public.
3. If you're sick, stay home. Don't go to work or school. Don't socialise.
4. If you have symptoms of cold or flu, call your doctor or Healthline and get tested.
5. **Wash your hands. Wash your hands. Wash your hands.**
6. Sneeze and cough into your elbow, regularly disinfect surfaces.
7. If you have been told to self-isolate, you must do so immediately.
8. Keep a track of where you've been and who you've seen.

Golden rules for businesses

Do everything you can to reduce the risk of COVID-19 transmission at work – we all have a part to play in keeping each other safe.

1. COVID-19 is still out there. Play it safe.
2. All businesses can operate if they can do so safely. Alternative ways of working are encouraged where possible.
3. Hospitality business should keep customers seated, separated, and with a single server.
4. Talk with your workers to identify risks and ways to manage them.
5. Ask everyone – workers, contractors and customers – with cold or flu-like symptoms to stay away from your premises.
6. Keep groups of customers at least 1 metre apart
7. Keep contact-tracing records of anyone who will have close interaction (workers, contractors or customers).
8. Reduce the number of shared surfaces, and regularly disinfect them.
9. **Wash your hands. Wash your hands. Wash your hands.**

Kia māia! Continue to keep you and your hāpori safe – we are still at Alert Level 3

Alert Level 2 will rely on making good choices for everyone

- Gatherings will be permitted for up to 100 people – this includes all events: tangihanga, kawē mate, celebrations and commemorations (such as unveilings) and church services
- If marae choose to reopen safely this will be for up to 100 people
- Food and drink can now be shared at gatherings, and should be prepared carefully and individually served, for example, not from a buffet
- You can resume exercising customary rights to gather kaimoana, as well as hunting on public conservation land and duck hunting (date to be advised)
- Kia haumarū te noho e te iwi: keep working and learning from home if you can
- **Horoī o ringa – wash your hands**

**NOHO TAWHITI.
TŪ KOTAHI.**

**Sit at a distance.
Stand as one.**

National Screening Programme update

Cancer treatment

Those in active cancer treatment continue to receive treatment, though there may be changes to appointments and treatment plans.

Cancer screening

The national breast and cervical screening programmes are gradually resuming now with important safeguards to ensure the ongoing safety of all participants and staff.

Priority women and participants who have missed their cervical or breast screening appointments because of lockdown are the first to be contacted to make a new appointment.

Antenatal and new-born screening

Antenatal and new-born screening programmes continue, but with some changes to ensure health staff, women and babies are kept safe.

In the Lakes DHB area, bowel screening is 'on hold' during Alert Level 3 this decision will be regularly reviewed so that we can re-start the programme as soon as it is safe to do so. However, we will continue to prioritise urgent colonoscopies and screening colonoscopies will resume as soon as feasible.

For more information on national screening programmes, go to:
<https://www.timetoscreen.nz/>



Advice available for businesses

There is a free helpline to provide all New Zealand businesses with advice and to connect them with additional support. To find out more call all **0800 500 362**

The Keep New Zealand Working online recruitment tool connects employers and people looking for work. <https://www.jobs-during-covid.workandincome.govt.nz/hello>

Returning to work or study...

The Ministry of Health currently advises there is no requirement for employees or students to be tested for Covid-19 prior to returning to work, school or study if they are currently well with no respiratory symptoms. Requests for testing will not be performed in these circumstances.

Any person with symptoms, such as runny nose, cough, sore throat or fever, or concerns about possible exposure to Covid-19 should self-isolate and seek assessment.

For further COVID-19 health advice and information, contact Healthline **0800 358 5453** or <https://covid19.govt.nz>

Clean care is in your hands

'Nurses and Midwives, clean care is in your hands' was the focus for this year's Hand Hygiene Day. The World Health Organisation (WHO) World Hand Hygiene Day theme supports nurses and midwives and reinforces how one of the most important measures you can take to protect yourself from COVID-19 is regular and safe hand hygiene.

Hand Hygiene Day recognises the nurses, midwives and other health care workers who are the front-line heroes saving lives during this pandemic.



Resources

- Call Healthline if you suspect you have COVID-19 symptoms: **0800 358 5453**
- For any other COVID-19 related queries, contact the government helpline: **0800 779 997**
- Need to talk? Call or text **1737**
- Visit allright.org.nz for practical mental health and wellbeing advice
- Essential business enquiries essential@mbie.govt.nz or **0800 22 66 57**
- Report breaches of self-isolation **105.police.govt.nz**