

# BOP HEALTH COVID-19 RESPONSE ▶

**DON'T FORGET  
TO GET YOUR  
INFLUENZA  
VACCINATION**

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## Drop-in clinics

Drop-in clinics to test for COVID-19 in Rotorua and Mangakino have been hugely successful with over 250 people tested.

The swabbing was done by the Lakes DHB Public Health Nursing team, which has provided tests at the fixed swabbing centres in Rotorua and Taupō for several weeks.

The team also did 23 swab tests for people aged 3-35 years with a sore throat to test for strep A infection (which untreated can lead to heart problems and rheumatic fever).

Korowai Aroha nurses provided flu vaccinations to priority groups, with close to 125 given, and Te Arawa Whānau Ora staff distributed over 250 hygiene packs in Rotorua.

Lakes DHB Pouwhakarite, Lauren James says the drop-in clinics were an example of how services working collaboratively can achieve great outcomes. "The aim

of the clinics was to increase testing of Māori in line with Lakes DHB's strategic goal of Achieving Equity in Māori Health. However, engagement occurred from all sectors of the community and this is a great success", she says.

Population Service Manager, Leonie Pritchard says the public health nurses enjoyed the community clinics and believe the model is true community nursing in action.

Chief Executive Korowai Aroha, Hariata Vercoe says her team enjoyed the whanaungatanga of working alongside the Lakes DHB Public Health nursing team.

"It gives a sense of kotahitanga of health service provision to our community."

Drop-in clinics were held in late April and early May at Edmund Road, Te Ngae, and Ngongotaha in Rotorua and in the rural township of Mangakino.

## Ngā mihinui!

**Thank you for  
working together to  
get us to Alert Level 2**

**Ā Tātau Ture Hira mō  
te Pae Mataara 2**

## Our Golden Rules at Alert Level 2

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

1. COVID-19 is still out there. *Kia haumarū te mahi* | Play it safe
2. Keep your distance from other people in public
3. If you're sick, work and learn from home. Ask for help from a family member or friend with tasks like shopping and collecting medication
  - If you have symptoms of cold or flu, stay home. Call your doctor or Healthline and get tested. There is no stigma to COVID-19. We will only be successful if everyone is willing to play their part in finding it wherever it is
4. *Horoia o ringa* – wash your hands
5. Sneeze and cough into your elbow; regularly disinfect surfaces
6. If you have been told to self-isolate, you must do so immediately
7. Keep a track of where you've been and who you've seen.

**NOHO TAWHITI. TŪ KOTAHI.**  
**Sit at a distance. Stand as one.**

# Unite against COVID-19

## Help is available

Despite our best efforts to reach all people within our communities, we are aware that there may be vulnerable people still unable to access essentials such as food and medication – even at Alert Level 2.

Nobody should be alone and without support. We're asking all of our community to reach out a helping hand.

If you're not able to assist, the Bay of Plenty Civil Defence Emergency Management Group may be able to. If you know anyone you think meets the following criteria, encourage them to give us a call:

- They aren't able to physically access food
- They don't have anyone to help them access food / services
- They can't get household items or services they need online – either delivered or collected by a friend or relative.

The Bay of Plenty Civil Defence Emergency Management Group toll free number operates seven days a week from 9am to 5pm.

### If you're:

- ✓ Unable to access essential items like food & medication
- ✓ Don't have anyone to help
- ✓ Can't get items delivered/collected

### We may be able to help.

**Call 0800 884 222**

**from 9am to 5pm, 7 days a week.**



Unite  
against  
COVID-19

# Fighting STIs

The COVID-19 lockdown period has presented a once-in-a-generation opportunity in the fight against sexually-transmitted diseases says a leading sexual health expert.

President-elect of the Australasian Chapter of Sexual Health Medicine, Dr Massimo Giola, says that, due to the lack of casual sexual contact during the lockdown period, there is now an opportunity to break the transmission chain of some sexually-transmitted infections (STIs).

"We can hit the reset button," says Dr Giola. "Just as the lockdown period has stopped the spread of one virus, it has done the same with STIs such as gonorrhoea, chlamydia and HIV. Transmission of these infections is likely to have all but stopped. We have been presented with a blank canvas to work from."

Bay of Plenty District Health Board (BOPDHB) Sexual Health Service Clinical Lead Dr Giola said this represented an unmissable chance in the fight against sexual disease. He was now urging people to book an STI

check before resuming sexual activity in a post-lockdown world.

"I would urge people to get an STI test now, before resuming casual sex," he says. "Infections have been virtually eliminated and mass testing could keep it that way. As all incubation periods are now over, if people get tested, we can diagnose and treat STIs before they are passed on."

People should call their usual GP to book an STI check, said Dr Giola. However, if they were uncomfortable with speaking to their GP about their sex lives, or if they belonged to a priority/more vulnerable population they should contact their local sexual health clinic instead.

For more information on sexual health services provided by the BOPDHB, please visit: [www.bopdhb.govt.nz/services/a-z-hospital-services/sexual-health/](http://www.bopdhb.govt.nz/services/a-z-hospital-services/sexual-health/)

For information on sexual health services in the Lakes DHB area, please visit: [www.lakesdhb.govt.nz/Article.aspx?ID=7590](http://www.lakesdhb.govt.nz/Article.aspx?ID=7590)



*Sexual Health Service Clinical Lead Dr Massimo Giola*



# 'Stay vigilant' - a message from Toi Te Ora Public Health

As we adjust to reduced restrictions under COVID-19 Alert Level 2, Toi Te Ora Public Health would like to reiterate the importance of staying vigilant at all times in this pandemic and continuing to work together to eliminate COVID-19.

Hand hygiene and physical distancing practices are still very important to protect ourselves and each other, and to help prevent any new outbreaks of COVID-19 in our communities. Continue to wash your hands frequently with soap for at least 20 seconds and dry them well – or use a hand sanitiser. Especially make sure you wash your hands before touching your face, eyes, nose or mouth. Cover

any sneezes and coughs with your elbow or a tissue.

While we are able to connect more with loved ones, friends and colleagues during Alert Level 2, it is important to always follow current national Alert Level requirements and 'play it safe' as no-one wants a second wave. Even if you have only mild symptoms that may be COVID-19, stay at home and arrange to get tested.

For more information, visit the COVID-19 website – [www.covid19.govt.nz](http://www.covid19.govt.nz).



**TOI TE ORA**  
PUBLIC HEALTH  
Bay of Plenty + Lakes Districts



## Aged Residential Care facility visits

Many people will be keen to visit older friends and whānau in retirement villages or rest homes now we are in Alert Level 2.

Each facility will have its own rules but the general guidelines under Level 2 are:

- visits may be limited to designated visitors
- the number of visitors at any one time may be limited
- health screening and assessment of visitors will be completed before entering the facility.

No visitors who are currently probable or confirmed cases of COVID-19, close contacts of COVID-19 cases, or have symptoms of COVID-19, will be granted entry to a facility during any Alert Level.



## Having friends over...

Under Alert Level 2 you can come together with friends and family at your home.

However, private gatherings also create a risk of transmitting COVID-19, and there are measures you should take to reduce that risk. Health measures around physical distancing and hygiene are just as important in your home as they are out and about.

If you are having people over to your house, it is important to:

- keep it to a maximum of 10 people (if there are already 10 or more people living at the house, no additional people can attend a gathering there)
- don't have anyone there with symptoms of a cold or flu
- wipe down surfaces regularly with a suitable disinfectant
- get everyone to wash their hands regularly.

Questions about your medicines?

Call **0800 664 688**  
and a Māori pharmacist  
will call you back for  
a kōrero!





# Hospital visiting hours under Alert Level 2

## Lakes DHB

Visitors allowed are:

- one support person with a woman in labour
- one parent/guardian with a child under 16 years, in Emergency Department/Children's Unit/Special Care Baby Unit
- two visitors with a patient receiving end-of-life care
- one visitor/support person with patients in ALL other areas of the hospital

General ward visiting hours are 11am-1pm and 4-6pm.

Only one person may visit at a time for 11am-1pm and ANOTHER person may visit 4-6pm.

## Bay of Plenty DHB

In the emergency department, Intensive Care Unit (ICU), High Dependency Unit (HDU) and Acute Care Unit (ACU) the general principle is for one visitor per patient and one visit per day.

In other hospital areas, it's still one

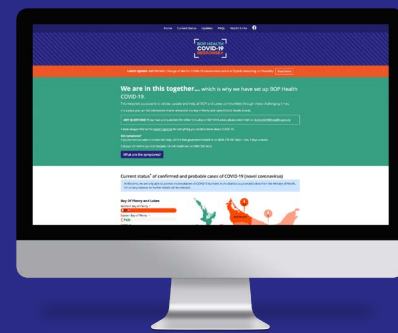
visitor at a time but more than one person is able to visit during the day. Each visitor can only visit once per day.

Other visitor information:

- one support person for a woman in labour and birth – this same person may visit once daily and stay as long as the woman wants (no overnight stays will be permitted unless the woman is in labour and for early post-natal support)
- for postnatal and antenatal patients - one nominated support person plus one other nominated visitor (this must be the same person each day and not visiting at the same time as the support person)
- SCBU - mother plus one nominated support person per day. The nominated support person must be the same person each day and cannot visit the unit at the same time as the mother.

Visiting hours are from 8am to 8pm, 7 days a week.

**No visitors are allowed for a suspect or positive COVID-19 patient in either DHB area.**



**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](https://covid19.bopdhb.govt.nz)**

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

# DISTANCE NOT DISTANT



## 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](https://allright.org.nz)** for practical mental health and wellbeing advice
- Essential business enquiries [essential@mbie.govt.nz](mailto:essential@mbie.govt.nz) or **0800 22 66 57**
- Report breaches of self-isolation **[105.police.govt.nz](https://105.police.govt.nz)**