
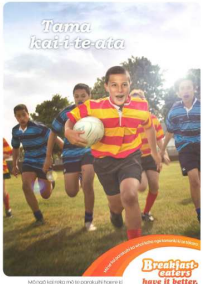

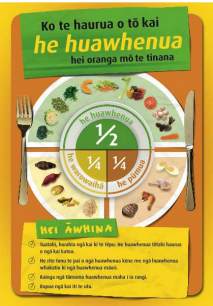


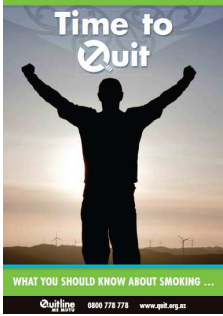


Resource Update

June 2012

New or revised resources now stocked in the Resource Room, Regional Public Health, 1st floor Community Health Building, Hutt Hospital, High St, Lower Hutt
To order please contact - Laurina Francis **P** – 570 9691 **F** – 570 9211
E - laurina.francis@huttvalleydhb.org.nz

<p>Kohine kai-i-te-ata - (Breakfast Eaters – Classroom)</p> <p>Layout: A5 Pad Source: Health Sponsorship Council</p> <p>Online ordering: http://breakfasteaters.org.nz/content/order-resources</p>	<p>New – This resource is now available in Maori</p> <p>Reverse side shows some simple and affordable breakfast ideas to give to children before going to school.</p>	
<p>Tama kai-i-te-ata – (Breakfast Eaters – Rugby)</p> <p>Layout: A5 Pad Source: Health Sponsorship Council</p> <p>Online ordering: http://breakfasteaters.org.nz/content/order-resources</p>	<p>New – This resource is now available in Maori</p> <p>Reverse side shows some simple and affordable breakfast ideas to give to children before going to school.</p>	
<p>Nga paramanawa – Parekareka! – (Yummy Snacks)</p> <p>Layout: A5 Pad Source: Health Sponsorship Council</p> <p>Online ordering: http://breakfasteaters.org.nz/content/order-resources</p>	<p>New – This resource is now available in Maori</p> <p>Reverse side shows simple snack ideas.</p>	
<p>Ko te haurua o to kai – He huawhenua – hei orange mo te tinana (Make ½ Meal Vegetables)</p> <p>Layout: A5 Pad Source: Health Sponsorship Council</p> <p>Online ordering: http://breakfasteaters.org.nz/content/order-resource</p>	<p>New – This resource is now available in Maori</p> <p>Reverse side shows some healthy meal ideas to increase the amount of vegetables on your plate.</p>	

<p>Health Skin – Go To The Doctor....Looking After Sores</p> <p>Layout: Postcard</p> <p>Source: Regional Public Health</p>	<p>New – Developed by the team in the Healthy Skin Programme at Regional Public Health.</p> <p>A very useful handout to help young clients and their families, to manage skin sores and identify when to go to the doctor.</p> <p>Reverse side has tips for looking after sores.</p>	 <p>GO TO THE DOCTOR...</p> <p>... If a sore or redness has any ONE of the following:</p> <ul style="list-style-type: none"> Is the size of a 10c coin or bigger Has pus Is getting bigger Has red streaks coming from it Is not getting better within 2 days Is near the eye (see a doctor urgently) <p>HEALTHY SKIN Regional Public Health</p>
<p>Healthy Skin Tool - Adults</p> <p>Layout: A4 Sheet</p> <p>Source: Regional Public Health</p>	<p>New – The need was realised for an adult version of the Healthy Skin Tool for use in General Practices and hospital settings.</p> <p>Available mainly as a print out from the RPH website:</p> <p>http://www.rph.org.nz/content/a542bf7f-a172-4caf-a2dd-9f4ca3f6b5ee.html</p>	 <p>HEALTHY SKIN - ADULTS</p> <p>Keep skin clean * Clean hands often * Out fingernails * Cover sores and cuts with plaster</p> <ul style="list-style-type: none"> Healthy skin <ul style="list-style-type: none"> Use food and water to keep skin hydrated Wash face with soap and water often Wash hair often Wash hands with soap and water often Wash feet with soap and water often Wash face with soap and water often Wash your face <ul style="list-style-type: none"> Wash face with soap and water often Wash hair often Wash feet with soap and water often Wash face with soap and water often Wash your hands <ul style="list-style-type: none"> Wash hands with soap and water often Wash hair often Wash feet with soap and water often Wash face with soap and water often Wash your feet <ul style="list-style-type: none"> Wash feet with soap and water often Wash hair often Wash face with soap and water often Wash hands with soap and water often Wash your face <ul style="list-style-type: none"> Wash face with soap and water often Wash hair often Wash feet with soap and water often Wash hands with soap and water often
<p>Time to Quit</p> <p>Layout: A5 Booklet</p> <p>Source: Ministry of Health – HealthEd</p> <p>Code: HE1109</p>	<p>New – Replaces 'Having a Smoke, Having a Think' with the same code number.</p> <p>What you should know about smoking, the real story.</p> <p>What is stopping you from quitting, including – costs, harm to you and your family, the benefits of quitting.</p>	 <p>Time to Quit</p> <p>WHAT YOU SHOULD KNOW ABOUT SMOKING ...</p> <p>Quitting 0800 778 778 www.quit.org.nz</p>