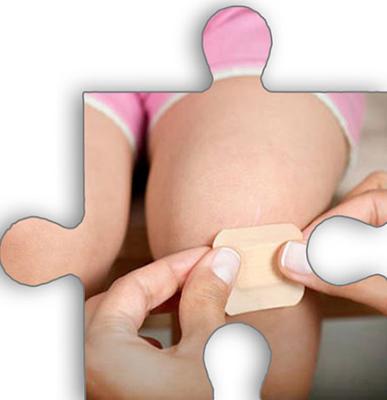


KEEPING OUR TAMARIKI HEALTHY



CHECK SKIN EVERY DAY

Keeping clean

- Wash hands often with soap and water
- Bath or shower every day. Dry skin well
- Keep fingernails short and clean
- Use moisturiser on dry skin

Stop infections spreading to other people

- Do not share personal items, such as towels, bedding, dirty clothes, hats, hairbrushes, lip balm and drink bottles
- Do not swim or play contact games until sores have healed

Other ways to keep skin healthy

- Eat fruit and vegetables every day
- Eat protein such as lean meat, eggs, tofu or fish every day
- Have enough sleep (between 8-12 hours)
- Wear clean clothes
- Keeping the house clean inside and out
- Wash towels regularly
- Treat animals for fleas
- Keep the house free of rubbish inside and out
- Vacuum regularly and keep surfaces clean
- Wash and air bedding regularly



CHECK SKIN EVERY DAY

Check skin
every day.

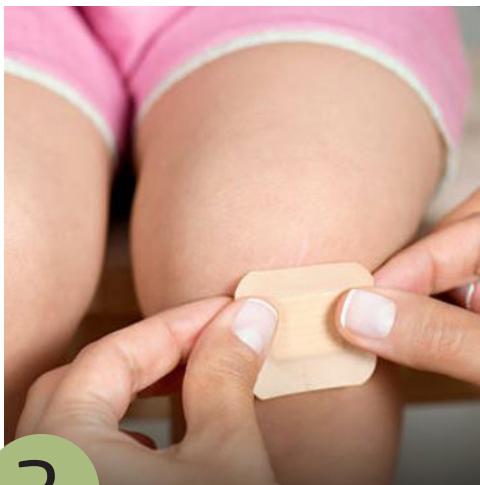


1. Check

Handwashing
is the best
way to
prevent
spread of
germs.

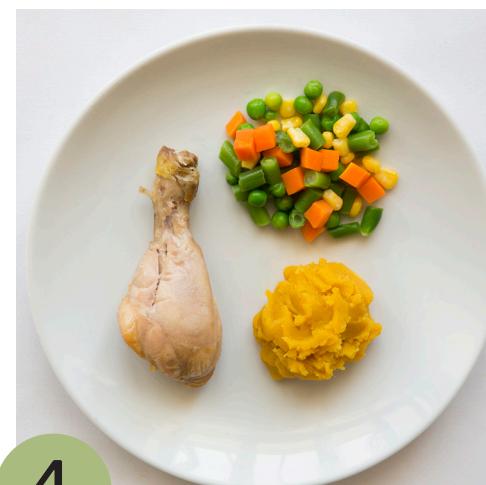


2. Clean



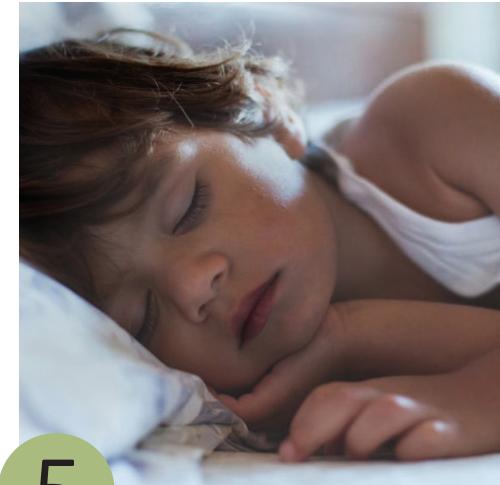
3. Cover

Cover cuts and sores with plasters
to stop germs spreading.



4. Eat well

A variety of fruit, vegetables.



5. Sleep well

Allows body to relax and grow.

BASIC SKIN CARE



1.

Healthy child

- Wash hands with soap and water
- Eat fruit and vegetables everyday
- Keep skin clean
- Wear clean clothes
- Keep house clean inside and out
- Wash sheets and towels regularly
- Treat animals for fleas regularly
- Keep nails short and clean
- Sleep well



2.

Child with small sore

- Wash hands with soap and water
- Clean and cover cuts and sores with plasters
- Keep nails short and clean
- Care for other skin conditions. For example eczema - use your creams and lotions
- Don't share bedding and towels
- If you need help, ask the nurse, chemist or doctor



Child with minor skin infection

3.

See the doctor or nurse today if the sore or redness has any one of the following:

- Is 2cm in size or bigger
- Has ooze or pus
- Has red lines coming from it
- Is not getting better in 2 days
- Is near the eye
- If there is a fever



Child with skin infection that is not getting better

4.

- See the doctor to have skin checked. Follow their advice carefully
- Get medicine from the pharmacy straight away
- If your child needs antibiotics, finish all of the medicine
- Don't share medicines with others
- Supervise children taking medicine
- Go back to doctor if not getting better



Child with serious skin infection

5.

- Your child may be sore, have a fever and feel very sick
- Will need to go to a doctor or hospital straight away

Skin infections, if not treated, can lead to serious and life-threatening illness.

BASIC SKIN CARE



1. Healthy child



2. Child with minor cut, sore or other skin condition



3. Child with minor skin infection



4. Child with skin infection that is not getting better



5. Child with serious skin infection

FOR HEALTHY SKIN

clean it

- Wash your hands often with soap and water
- Dry your hands
- Wash your sores with soap and water
- Dry sores gently
- Do not share towels
- Keep your fingernails short and clean

cover it

- Keep sores covered with a plaster
- Change plaster daily
- If you have any questions or are worried about the sores talk to your school nurse, chemist or doctor

treat it

See the nurse, chemist or doctor if a sore or area of redness has any one of the following:

- Is 2cm or bigger
- Has pus
- Has red lines coming from it
- Is getting worse
- If the person has a fever, is vomiting and generally unwell

If you are given any medicine or cream follow the instructions.

love it

Care for your skin to prevent infection and serious illness.

- Eat fruit and vegetables every day
- Drink water



10
9
8
7
6
5
4
3
2
1
0
cm



FOR HEALTHY SKIN

clean it
cover it
treat it
love it

HEAD LICE cooties, nits, kutus

Prevention: Keep long hair tied up. Don't share hairbrushes, hair ties or hats. Brush hair every day. Check hair weekly. Anyone can get headlice, it doesn't matter how clean the hair is.



Early signs

Itching at the back of the neck behind the ears, at the top of the head.

Check at least once per week.

If it gets worse

See your doctor.

It is free for children under 14 years of age to see the doctor that they are enrolled with. Prescriptions are free for children 14 years and under.

What to do

Wet hair, put on a thick layer of white conditioner. With a fine tooth comb start at the scalp and brush all the way to the ends. This helps find live lice.

Keep long hair tied up.

Do not use hair dye, kerosene, fly spray or animal flea treatments as this may harm children.

Ordinary shampoo or soap does not kill headlice.

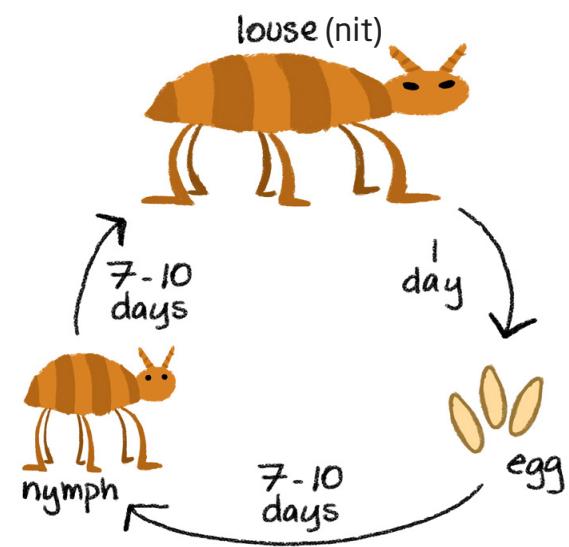
Headlice treatments are also available from a doctor or pharmacist/chemist.

It is important to treat again in 7-10 days to kill lice that have hatched from eggs.

How is it spread?

- Spread by contact with clothing (such as hats, scarves, coats) or other personal items (such as hairbrush or towels)
- Headlice crawl. They do not jump or swim

HEAD LICE



INSECT BITES

Prevention: Wash skin daily with soap and water. Keep fingernails short and clean. Wash hands often. Close windows at night. Use insect repellent. Keep grass short outside. Avoid still water lying around. Mosquitos breed in still water.



Early signs

Red bump.
There may be a blister in the middle.
Very itchy.
Sometimes painful (especially spider bites).

What to do

Check and clean bites every day.
Wash the bite with cool water.
Keep your child's nails short and clean.
Try to stop them scratching the bites.
Use something to stop the itching such as ice, aloe vera, antihistamines.

If it gets worse

See a doctor if:

- the red, swollen area keeps getting bigger or more painful
- there is pus

The swelling could be poison from the insect or a serious skin infection called cellulitis.

How is it spread?

Insects such as mosquitos, fleas or spiders.



INSECT BITES



FREE
Doctor visits
for 14 years
and under
enrolled patients
only

BOILS

Prevention: Wash skin daily with soap and water. Keep fingernails short and clean. Wash hands thoroughly before and after touching and dressing the boils. Eat fruit and vegetables every day. Drink water.



Early signs

Red bump or pimple with red skin around it. Can have white or yellow pus in the centre.

Might be itchy or a bit painful.
A large boil is called an abscess.

If it gets worse

See a doctor if:

- the boil gets larger and more painful
- more boils appear
- the boil lasts more than one week
- redness spreads around the boil
- red streaks start to appear on the skin around the boil
- your child gets boils often
- your child seems unwell or has a fever

What to do

Go to the doctor immediately if a boil is near your child's eye.

Check and clean boils every day.

Soak the boil in warm water for 20 minutes or cover with a towel soaked in warm water.

If the boil bursts, wipe away pus and blood with a tissue.

Wash and dry hands before and after touching the boil.

Change the dressings every day.

How is it spread?

- Pus (thick yellow/brown ooze) or blood from a boil getting on to the skin can cause more boils
- Squeezing can cause boils to spread

BOILS



FREE
Doctor visits
for 14 years
and under
enrolled patients
only

IMPETIGO School sores

Prevention: Wash skin daily with soap and water. Keep fingernails short and clean. Cover sores with plasters. Use your own towel. Eat fruit and vegetables every day. Drink water.



Early signs

Blisters on exposed parts of body, such as hands, legs and face

Blisters burst and turn to a sore with a yellow crust which gets bigger each day

The sores are itchy



If it gets worse

See a doctor if:

- sores are near the eye
- sores last more than 1-2 weeks
- sores become red, swollen and have pus
- your child has a fever

If left untreated this can lead to serious illness.

What to do

Go to the doctor for advice and a prescription

Check and wash sores every day

Cover sores with a clean cloth or plaster

Keep your child's nails short and clean.

Try to stop them scratching the sores

Wash and dry hands before and after touching the sores

How is it spread?

Pus, blood or other fluid from the sores touching other skin

IMPETIGO School sores



SCABIES

Prevention: Wash skin daily with soap and water. Keep fingernails short and clean. Wash and air bedding in the sun. Eat fruit and vegetables every day. Drink water.



Early signs

Itchy rash in places such as:

- the forearm
- around waist
- between fingers
- between buttocks
- under armpits

If it gets worse

See a doctor if:

- rash becomes infected
- the skin is red, painful, warm, swollen or has pus

This is a serious skin infection. Remember, everyone in the house must be treated for scabies.

The itchiness will not go away as soon as the prescription is finished. The skin might be itchy for up to 4 weeks

What to do

Go to the doctor to get cream for everyone in the house.

Scabies can spread very easily so everyone in the house needs to be treated even if you can't see any rash.

Apply cream to everyone, head to toe including soles of feet. Don't put cream near eyes. Leave on overnight.

Wash all sheets, towels and clothing in hot water or put these things in a sealed plastic bag for 5 days.

Stay away from preschool or school for at least one day after cream treatment.

How is it spread?

By close bodily contact, eg, holding hands, hugging, sleeping together, by sharing clothes and bedding.

Scabies does not live in furniture or carpet.

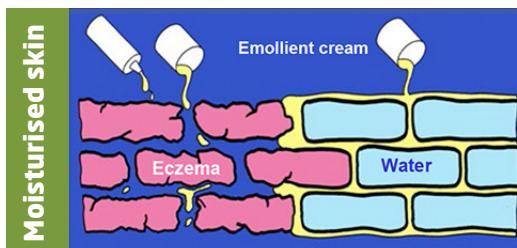
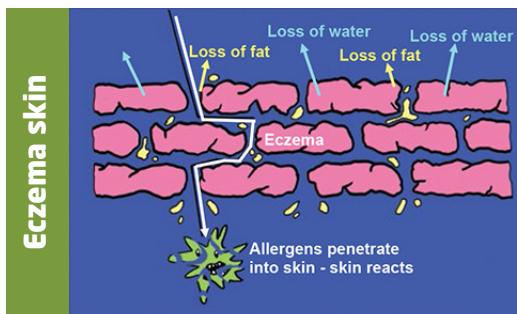
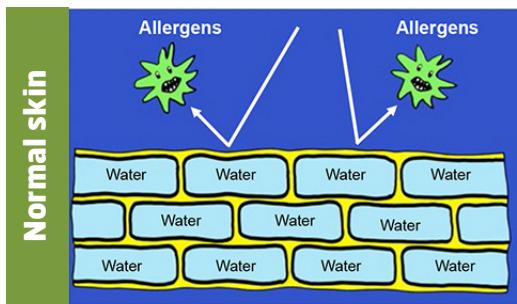
SCABIES



FREE
Doctor visits
for 14 years
and under
enrolled patients
only

ECZEMA

Prevention: Keep skin moisturised. Find out what triggers your eczema.



Early signs

Dry itchy skin.

Skin becomes red.

What to do

Keep eczema clean.

Use soap-free cleaners instead of soap.

Moisturise if the skin is itchy or dry. This may be many times a day.

Keep your child's nails short and clean.
Try to avoid from scratching.

See a doctor if your child is waking at night or missing school because of eczema.

If it gets worse

See a doctor if:

- areas of skin start swelling and become more painful
- there is pus in the eczema

How is it spread?

Eczema is not contagious.



Eczema is a condition that you are born with. The skin cells are like a brick wall. Children with eczema do not have the cement between the bricks. This means the water from the body escapes out of the cracks leading to dryness. It also means that the pollen, germs and dirt on the outside of the skin get down through the cracks in the bricks. This can cause the skin to become swollen, red and itchy. The moisturiser creams are like a layer of paint across the top of the brick wall to stop the dirt and germs getting in, but also to help keep the water in the skin so that it remains hydrated.

ECZEMA



FREE
Doctor visits
for 14 years
and under
enrolled patients
only

RONGOĀ RAKAU

Common uses of rongoā rakau for various skin conditions include:

Kawakawa (Māori pepper tree): boiled, smoked, or steamed leaves are used to treat paipai; whole leaves are applied to wounds.

Koromiko (hebe): leaves are applied as a poultice to ulcers.

Mamaku (black tree fern): a bark poultice is applied to boils, wounds, chafing and sunburn.

Karamu (coprosma): a decoction of leaves is applied to cuts and sores; the sap is used to treat scabies.

Kumarahou (gumdigger's soap): an infusion of the leaves is applied to wounds and general skin disorders.

Manuka, Kanuka (red tea tree, white tea tree): a poultice made of seeds is applied to wounds; the oil is used as antiseptic; the gum applied to burns and wounds.

Mahoe (whiteywood): the inner bark is used for burns; boiled leaves are used for scabies.

Makomako (wineberry): boiled leaves are used for boils and burns.

Toot, Tutu, Tupakihi (tutu): shoots and leaves are made into a poultice to apply to wounds and bruises.

Harakeke, Korari (flax): a poultice made of leaves and roots treats wounds, abscesses and chilblains; the root juice is applied to ringworm and skin irritations; and the gum is applied to ringworm, wounds, burns and sunburn.

RONGOĀ RAKAU



Kawakawa
(Māori pepper tree)



Koromiko
(Hebe)



Mamaku
(Black tree fern)



Karamu
(Coprosma)



Kumarahou
(Gumdigger's soap)



Manuka, Kanuka
(red tea tree, white
tea tree)



Mahoe
(Whiteywood)

Consult with
Rongoā-Māori
before using



Makomako
(Wineberry)



Toot, Tutu, Tupakihi
(Tutu)



Harakeke, Korari
(Flax)

Rongoā is traditional
Māori medicine
made from plants,
physical techniques
like massage, and
spiritual healing.

GIVING PARACETAMOL SAFELY

What is paracetamol?

- paracetamol ('Pamol', 'Panadol') is a medicine to help reduce pain
- it will not cause drowsiness or cause your child to sleep
- you can use it for children and babies over 3 months old
- younger babies must see the doctor

Where should I keep paracetamol?

- keep it in a high place out of reach and out of sight of children
- store it in a locked or latched cupboard
- the most common cause of poisoning is by children helping themselves
- it doesn't need to be chilled so don't keep it in the fridge
- it should have a child-resistant cap - ask your chemist

Does my child need it?

- only give paracetamol if it's necessary
- fever is a normal response to infection and is not in itself harmful, so you don't need to give paracetamol for fever alone
- if your child is miserable because of the fever, you can give paracetamol to make them more comfortable
- it's not a good idea to give babies and children paracetamol before and repeatedly after immunisation just in case they feel unwell - there is some evidence that paracetamol may reduce the effectiveness of childhood vaccinations

What if my child has too much?

- too much paracetamol can damage your child's liver
- if your child has had too much, call your doctor, nurse or the Poisons Centre 0800 POISON (0800 764 766) immediately or 0800 Healthline
- signs of overdose may include feeling sick (nausea), vomiting, diarrhoea, yellow skin or eyes, poor appetite, confusion or extreme sleepiness

Wait at least 4 hours between doses - give no more than 4 times in 24 hours

GIVING PARACETAMOL SAFELY



What is the correct dose?

The dose depends on your child's weight and the strength of paracetamol.
Weigh your child, then check the dosing table.

Ask your chemist for an oral syringe which allows
more accurate measuring.



Dosing table

Child's weight (kg)	120mg/5mL	250mg/5mL
5kg or less	Ask doctor	Ask doctor
6.5kg	4mL	2mL
8kg	5mL	2.5mL
10kg	6mL	3mL
15kg	9mL	4.5mL
20kg	12mL	6mL
30kg	18mL	9mL
40kg	25mL	12mL

Wait at least 4 hours between doses - give no more than 4 times in 24 hours

ORAL HEALTH

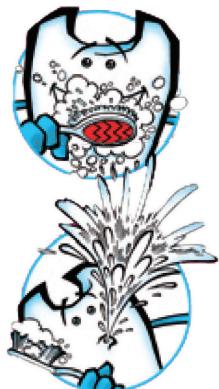
LOOKING AFTER YOUR CHILD'S TEETH



Brushing



Help with brushing



Inside and out



Spit, don't rinse

Lift the lip

BE POSITIVE

Don't forget to praise your child for cleaning their teeth and having a healthy smile

Community Dental clinics in Hawke's Bay

Hastings Central School
409B Hastings St Sth
Ph 873 4860

Mahora School
806 Tawa Place
Hastings
Ph 873 4861

Flaxmere
Totara Health
Cnr Chatham Rd & Caernarvon
Drive
Flaxmere, Hastings
Ph 833 5742

Havelock North Intermediate
13 Nimon Street, Havelock
North
Ph 873 4862

Onekawa School
235 Kennedy Road
Napier
Ph 873 4863

Tamatea Intermediate
15 Freyberg Avenue,
Tamatea
Ph 873 4864

Greenmeadows School
Osier Road, Greenmeadows
Phone 844 7023

Central Hawke's Bay
5 South Service Lane
Waipukurau
Ph 06 858 6725

Wairoa College
10 Black Street
Wairoa
Ph 06 838 9721

ORAL HEALTH

BRUSH AT LEAST TWICE A DAY FOR 2 MINUTES

SPIT, DON'T RINSE
Brush the outside,
inside, chewing
surfaces of top and
bottom teeth and
tongue too.



Healthy snacking = healthy teeth

STANDING

LYING DOWN

SITTING



Have regular dental checks

WARMER DRIER HOMES

Open your curtains during the day and close them at night.

Your windows let heat in during the day. Closing curtains before sunset keeps the heat in, and the cold out, at night.

Stop cold air getting into your home by stopping draughts around doors, windows and fireplaces.

Stopping cold air coming in makes it easier to heat your home and helps reduce the cost of heating.

Check you have the best heating option for your home.

The right heat source for your home can make your home easier to heat and reduce the cost of heating. Different heating options create different levels of condensation - choose the option that will create the least amount in your home.

Find out if your home is insulated. If it isn't, you may qualify to have insulation installed for free.

Insulation is one of the best ways to keep your home warm.

Open your windows (ventilate) for at least a few minutes each day.

Fresh air helps to keep your home dry, makes it easier to heat your home, and helps reduce the cost of heating.

Open windows (ventilate) in the kitchen when you cook, and in the bathroom when you shower or take a bath, to let steam out.

Doing this helps to keep your home dry, which makes your home easier to heat and reduces the cost of heating.

Wipe off any water that has collected (condensation) on walls and on the inside of windows.

Doing this helps to keep your home dry, which makes your home easier to heat and reduces the cost of heating.

Dry your washing outside or in the garage or carport.

It keeps the dampness from your washing (which can build up condensation) outside of your home.

Use bleach or white vinegar to remove mould from ceilings and walls.

Mould grows in damp and wet places and it can affect your family's health.

Create as much space as possible between the heads of sleeping children.

Kids cough and sneeze when they are asleep, and this is how germs such as strep throat can spread between sleeping children.

Top and tailing - also sometimes called top and toeing - is a good option for creating space between the heads of sleeping children, if your children share a bed or mattress.

Key tips for a warmer, drier home



Open the curtains



Stop cold air



Open your windows



Open kitchen/bathroom
windows



Wipe water off
windows



Dry your washing
outside



Keep your home warm



Insulation



Remove mould



Space between
sleeping children



Top and tailing



rheumaticfever.health.govt.nz

CONTACTS

ALCOHOL AND DRUG HELPLINE ☎ 0800 787 797

ALLERGY NZ  www.allergy.org.nz

BREATHE HB ☎ 0800 278 462 (0800 asthma)

CHOICES KAHUNGUNU HEALTH SERVICES  www.choices.maori.nz

CHILD HEALTHY HOUSING PROGRAMME ☎ 06 879 9440 ☎ 027 333 8327

HAWKE'S BAY FALLEN SOLDIERS' MEMORIAL HOSPITAL ☎ 06 878 8109

HEALTH ED  www.heathed.govt.nz

HEALTH EDUCATION RESOURCE CENTRE NAPIER HEALTH CENTRE ☎ 06 834 1815

HEALTHLINE ☎ 0800 611 116

IMMUNISATION ADVISORY CENTRE ☎ 0800 466 863 (0800 immune)  www.immune.org.nz

NEED TO TALK? ☎ Free call or text any time 1737

ORAL HEALTH ☎ 0800 825 583 (0800 talk teeth)

OUR HEALTH HB  www.ourhealthhb.nz

PHO ENROLMENTS ☎ 0800 933 922

POISONS CENTRE ☎ 0800 764 766 (0800 poison)

PLUNKET ☎ 0800 933 922

TE KUPENGA HAUORA - AHURIRI ☎ 06 835 1840  www.tkh.org.nz

TE TAIWHENUA O HERETAUNGA ☎ 06 871 5350  www.ttoh.iwi.nz

WELL CHILD TAMARIKI ORA ☎ 0508 826 274 (0508 tamariki)

WOMENS REFUGE ☎ 0800 733 843 (0800 refuge)