



ONEWA DOCTORS

Serving the community since 1930 162 Mokoia Road, Chatswood 0626

Autumn 2019



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Pertussis and and Flu vaccine for the pregnant mother

Immunisation against whooping cough and influenza during pregnancy is recommended by the Ministry of Health. Mothers pass some of their immunity along to their babies during pregnancy. This provides some protection to newborn babies during the first few weeks of life until they are able to be immunised

Pertussis is highly infectious. It affects the airways causing severe spells of coughing that may interfere with normal breathing. The coughing is often accompanied by a "whooping" sound. The cough may last for 1-2 months or longer. Pertussis can also cause inner ear infections, long lasting bronchitis, pneumonia, fits, brain damage and death. The risk of severe complications and death is greatest in infants under 6 months of age. Vaccination is the best way of protecting against these diseases. BOOSTRIX vaccine cannot give you or your child diphtheria, tetanus or pertussis infection.

Talk to your us, or your midwife to find out how to protect you and your child.

To view video: <https://www.youtube.com/channel/UCPuGpQo9IX49SGn2iYCoqOO>

Influenza vaccine is used to prevent infection caused by the influenza ("flu") virus. The flu can cause serious illness, especially in young children, the elderly, and people with chronic health problems, but anyone can become seriously ill from the flu virus. Even if you are not feeling sick, you could still be infected with the flu virus and pass it on to others.

Vaccination is the best way to prevent infection and reduce the seriousness of illness if you become infected. It will greatly improve your chances of not getting the flu, but it does not give 100% protection.

The flu vaccine works by making your immune system produce special cells called antibodies that will attack and kill the flu virus when it enters your body. This means that if you get infected with the flu these protective antibodies are already in your bloodstream to quickly

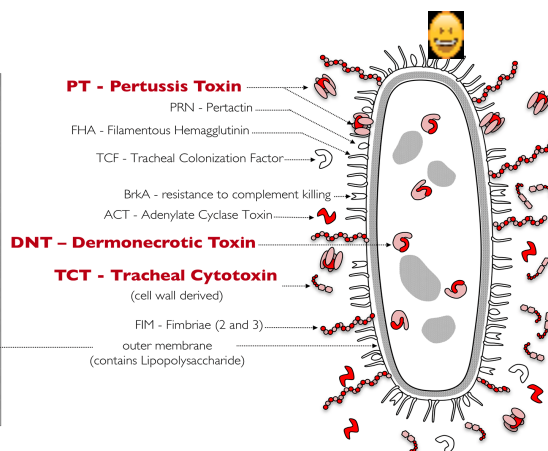
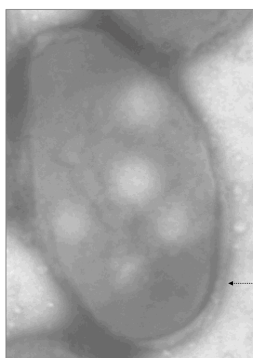
Facts about flu.

- ✓ Flu causes death and hospitalisation every year.
- ✓ Flu vaccine contains killed viruses - it cannot give you flu.
- ✓ Flu vaccine is the best protection against flu for at risk groups and health care workers.
- ✓ Healthcare workers are up to 10 times more likely to get flu.
- ✓ You need to get flu vaccine every season as the viruses change every year.
- ✓ Healthy people can have flu without any obvious symptoms and pass it on.

DO YOU KNOW ...that you can book appointments online by visiting our website:

<http://www.onewadoctors.com> and

click "**BOOK NOW**" button



The Pertussis virus

In this Issue:

- Hello Dr. Viirgil:) We will miss you

Dr. Hayley :(

- Measles in Auckland
- Pertussis and measles vaccine in Pregnancy

fight off the germs.

Even if you get the flu after being vaccinated, you will usually get a mild form of it – and will recover faster and be less likely to have serious complications.

It's important to get the flu vaccine every year because protection from the previous vaccination becomes less effective over time and each year the flu vaccine is developed to match the different strains of flu virus you are likely to encounter. In New Zealand, you can get your flu vaccine from 1 April each year – you should get the vaccine before winter when the flu is most widespread.

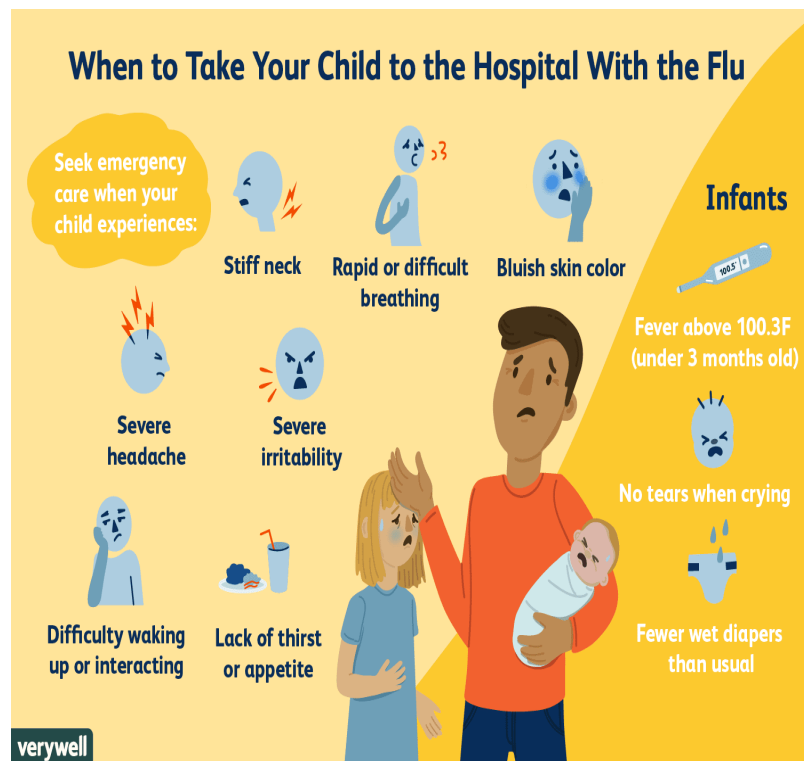
The funded influenza vaccines for 2019

INFLUVAC® TETRA

For adults and children aged 3 years or older.

FLUARIX® TETRA

For children aged under 3 years or 6–35 months.



Measles in New Zealand

A passenger arriving in Christchurch on Virgin Australia Flight number VA99 from Melbourne has been confirmed as having measles, adding to the cumulative total of 35 confirmed cases for Canterbury. Virgin Australia Flight VA99 left Melbourne at 6.35pm local time and arrived in Christchurch at 11.35pm NZ Standard time on 19 March. Anyone who travelled on this flight who isn't sure they have been fully immunised should check their immunisation status with their General Practice team/family doctor. You are only fully protected if you have had two doses of the MMR vaccine, had clinically confirmed measles, or if you were born before 1969. Any passenger or crew on VA99 on the 19 March who is not fully protected should stay at home and remain isolated from Tuesday 26 March until Tuesday 2 April 2019. They can return to work if they are not unwell on Wednesday 3 April 2019. In Auckland, as at 2 PM on Wednesday 10 April 2019, there are 16 confirmed cases.

Dr Humphrey, Canterbury Medical Officer of Health says people from the flight who may have measles should stay in self-imposed isolation from **Tuesday 26 March** until **Tuesday 2 April 2019** (7-14 days after your contact with measles). People are considered immune if they have received two doses of MMR vaccine, have had a measles illness previously, or were born before 1969. Anyone believing they have been exposed to measles or exhibiting symptoms, should not go to the ED or after hours' clinic or general practitioner. Instead call your GP any time, 24/7 for free health advice.



We are very sad to announce **Dr. Hayley Robert's** decision to take a sabbatical from NZ general practice. She is looking forward to great experiences that Australian General Practice will offer. We wish her well in the future.

Dr. Virgil Beltran is a graduate of the University of Santo Tomas in the Philippines and has made NZ his home for the past 16 years. His interests include: travelling off the beaten path, beaches over mountains and staying with his wacky friends. His values and ethics coincide with Onewa Doctors stand on professionalism, patient centred care and excellent medical knowledge. I believe he is going to be a great asset to our ever growing clinic.

