

Summer 2020



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**Christmas and New
Year's Hours:**

CLOSED

24/12 midday till

10 Jan 2021

NORMAL HOURS

11 Jan 2021



Onewa Doctors

Caring for the community since 1930

We finally made it to the end of this year, and boy what a year it was! Let's finish this year off the best way we know how, with a great kiwi summer!

Scripts, Blood tests, and Procedures/Forms

Please check your medication stocks now and make sure you have enough medication as we are closed from the 24/12/20 at midday until 10 January 2021.

Only urgent blood tests will be reviewed over the Christmas and New Year period. Otherwise, all other tests will be reviewed from the 11th of January onwards.

For any accident or medical emergencies please go to Shorecare in Smales Farm, or Whitecross in Glenfield, or North Shore Hospital if there are any concerns whilst we're closed.

A reminder that procedures such as Liquid Nitrogen, repeat Scripts and forms such as Medical Certificates, Referral Letters, etc. carry an additional fee. See our [website](#) or ask at reception for more details!

COVID-19 in the Summer Sun

FOR SOME, THE BIGGEST WORRY ABOUT A PANDEMIC SUMMER...



DAVE GRANLUND © www.davegranlund.com



The new normal

Yes, this will be a very different kind of kiwi summer in terms of our new normal, with things like social distancing and masks on public transport.

We'd like to reiterate the words from the Ministry of Health so that you can stay safe over summer:

- Stay home if you're unwell and call the COVID Helpline – 0800 358 5453 for advice.
- Use the COVID tracer app everywhere you go!
- Wash hands for at least 20 sec and use soap
- Practice social distancing (2 meters from others) and don't worry about offending anyone we're all on the same page!

The Sun, Moles, and your Skin!

Here in New Zealand, we're fortunate enough to have such a strong and warm sun, but this doesn't come without its consequences. Melanoma rates are rising and so knowing how to protect yourself from melanoma is vital.

In line with Cancer Society and Ministry of Health advice:

- Get familiar with your largest organ – your skin! Make sure to check all over for any spots that look concerning.
- Fair skin burns very easily and is important to lather up in sunscreen and remain in the shade as much as possible
- Avoid sunbeds if possible
- Those with a large number of moles (>50) should be very vigilant of any 'funny' looking spot
- If you want further advice on skin cancer, melanoma, or wanting a skin checkup, make an appointment with one of our doctors!



Slap on SPF30 or higher sunscreen and apply every two hours.



Slap on a protective broad brimmed hat.



Slide on wrap around sunglasses that comply with Australian standards.



Slip on sun protective clothing.



Seek shade where possible.

Merry Christmas and Happy New Year!

From all of us here at Onewa Doctors, we'd like to wish everyone a happy and safe summer break! Remember to switch off, be thankful for those around you, and let's start 2021 on a great note!

