

# A message for those 65+ from Nelson Marlborough Health.

## Looking after yourself is looking after others.



**Your health and well being is important to all of us.  
Together we can unite against Covid-19 with these simple guidelines.**

### Stay healthy

Physical Health  
Taha Tinana



- Stay at home & 'stick to your bubble' to protect yourself from the virus and reduce the spread
- If you need a prescription, call your doctor who will send it directly to your pharmacy. Then call your pharmacy and they will advise you if you should pick it up or if it can be delivered
- Head outside if you can - but remember to stay in your bubble and keep your dog on a lead
- Focus on the things you can control - wash your hands, practice physical distancing of 2m, and phone your GP to organize your flu vaccine - it's free for people aged 65+

### Be kind

Spiritual Health  
Taha Wairua



- Keep doing the things you enjoy to make you feel happy and calm
- Think about what you have to give - a smile and wave means a lot to many
- Talk to your neighbour over the fence - but stay 2m apart and don't swap things like food or reading material - the virus lives on surfaces
- Consider asking to change the subject if you're finding the COVID-19 conversation overwhelming
- Be aware of scams:  
[www.covid19.govt.nz/help-and-advice/for-everyone/misinformation-and-scams/](http://www.covid19.govt.nz/help-and-advice/for-everyone/misinformation-and-scams/)

For updates and more information visit:

**[www.covid19.govt.nz](http://www.covid19.govt.nz)**

APRIL 2020



**Unite  
against  
COVID-19**

## Stay in touch

### Mental Health Taha Hinengaro



- Keep connected-set up daily phone calls with friends, whanau/family.
- Keep up to date by using credible sources such as [www.covid19.govt.nz](http://www.covid19.govt.nz) or Radio NZ (FM 101.6 and AM 1116).
- Take a break from social media and be selective about what you follow
- GPs are still available for your everyday (non COVID-19) health needs
- Keep your phone close to you at all times – you can still call 111 in an emergency

## Ask for help

### Family Health Taha Whanau



- Those older people with existing medical conditions are more vulnerable to COVID-19 so it is important to ask for help
- Supermarkets are prioritising grocery delivery for older people
- Tradespeople can do essential maintenance on your house
- Reach out to friends, family and neighbours to deliver supplies or contact Welfare Support (see below)

## National numbers

**Dedicated COVID-19 Healthline (FREE)** 0800 358 5453 (or your own GP first)

**Emergencies** – 111 or **Police non-emergency contact** – 105

**Elder Abuse Helpline** – 0800 32 668 65

## Nelson/Tasman Local Information

### Welfare Support Nelson/Tasman

0800 50 50 75 (press '1' NCC, or '2' TDC)

Email: [em.welfare@ncc.govt.nz](mailto:em.welfare@ncc.govt.nz)

### Age Concern & Phone a Friend Service

03 544 7624 (Ext2)

Email: [manager@ageconcernnt.org.nz](mailto:manager@ageconcernnt.org.nz)

### CBAC (Community Based Assessment Centres)

for screening & assessment 0800 358 4636

**Locations: Toi Toi**, Harvey Norman carpark, 69 St Vincent St, Nelson; **Tahunanui**, former Suburban Club, 168 Tahunanui Drive, Nelson; **Motueka**, Bridge Hall, 32 Tudor St, Motueka.

## Marlborough Local Information

### Welfare Support Marlborough

03 520 7400

Email: [welfare@marlboroughcdem.co.nz](mailto:welfare@marlboroughcdem.co.nz)

### Age Concern & Phone a Friend Service

0279 446 975 or 03 579 3457

Email: [fieldageconble@xtra.co.nz](mailto:fieldageconble@xtra.co.nz)

### CBAC (Community Based Assessment Centre)

for screening & assessment 0800 358 4636

**Location:** The old netball courts, Horton Park, 29b Redwood St, Blenheim.

## Contact numbers that are important to you

Family .....

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Friend .....

Neighbour .....

My GP .....

Pharmacist .....

Local Supermarket .....

Other .....