



Summer Holiday Health Care

During the school holidays, if your child complains about a sore throat take them to see your GP as soon as possible, so that they can check and swab to make sure Strep A (the bug that can lead to Rheumatic fever and heart damage) is identified and treated.

Remember: Early identification and treatment of strep throat prevents Rheumatic fever. Get all sore throats checked and treated at your GP straight away. **Everytime.**

Information about Rheumatic fever can be found on: <http://www.health.govt.nz/your-health/conditions-and-treatments/diseases-and-illnesses/rheumatic-fever>

Call Healthline 0800 611 116 if you are unsure what you should do

Skin Health



Summer is approaching and we could be outdoors a lot. The warm weather brings lots of mosquitoes and other insects. Insect bites can easily become infected. It is the time to be extra careful with skin conditions.

Handy hints to prevent skin infections:

- Check skin often. If you are worried, see your Doctor or Nurse
- Clean and cover all cuts scratches and itchy bites.
- Keep fingernails clean and short. Use warm water, soap and dry hands
- Germs are everywhere. Wash and dry hands often to stop germs spreading



Early identification and treatment of skin infections prevents serious skin infections and avoids admission to hospital.



And of course.....don't forget your hat and sunscreen when out in the hot sun!

