

# SCHOOL HEALTH E-NEWSLETTER

Te Kura Hauora Rorohiko Panui

Regional Public Health's School Health & Immunisation Group  
Hutt Valley, Wellington and Porirua region. Please forward to all school staff.

Term 3 2016

*Our aim is to support students with their health and improve their learning outcomes.  
We will inform you of 'hot health topics' and how to recognise evidence versus sensationalism!*

## > Measles

Measles is a highly infectious virus that spreads easily from person to person through the air, via breathing, coughing and sneezing. It affects both children and adults.

People with measles are infectious 5 days before and until 5 days after the rash appears. The illness usually starts 10-14 days after a person has been exposed. Symptoms include: fever, cough, runny nose, sore and watery pink eyes, and sometimes small white spots appear on the back inner cheek of your mouth.

At around day 3-7 a blotchy rash may appear which tends to start on the face before moving over the head and body. The rash can last for up to a week.

If you, or a child have any of these symptoms, see your family doctor or call Healthline on 0800 611 116 as soon as possible.

The best prevention against measles is the measles, mumps and rubella (MMR) vaccine. Vaccines are free for children and adults who have not previously received two doses of the vaccine. Vaccination is also important if you are planning to travel overseas.



## > Resources

If your school would like resources on particular health related topics, contact Laurina Francis, Regional Public Health's health information advisor, by e-mailing [Laurina.Francis@huttvalleydhsb.org.nz](mailto:Laurina.Francis@huttvalleydhsb.org.nz).

The Health Information Centre has a range of up-to-date resources and Laurina is able to send the resources directly to your school. For example, resources are available on head lice, scabies and posters promoting water as the best drink.



## > Asthma

It is estimated that one in seven school aged children experience asthma symptoms. When a child has asthma it is appropriate for the child to have their own inhaler at school and have easy access to their inhaler. A personal asthma management plan is ideal for each child. This asthma management plan is completed by parents with their child's doctor. The plan will support schools in making a decision for the child when they have an asthma attack. For more information on asthma in children, including information on asthma triggers and resources to download, click [HERE](#).

The use of a spacer is always recommended. Taking the inhaler directly, in an effective way takes a lot of co-ordination and breath. If a child is struggling to breathe due to asthma, it is very hard for them to take the deep breath required. Without a deep breath, the medication that is required to get to the lungs will just sit at the back of the throat.

If a child is using their ventolin (blue inhaler) more than three times a day they should be reviewed by their family doctor because they may require a preventer inhaler.

Schools are able to obtain prescriptions for ventolin inhalers as part of their emergency management kit. A ventolin inhaler is also valuable for sports trips and other events outside the school environment. For more information please click [HERE](#).



## > Ear Van



The Porirua Ear Van is located at different venues within Porirua every day of the week. There are booked clinics and drop-in clinics available for parents to take their child(ren) (0-18 years) to. The drop-in clinics run from 9.30am-2.30pm. Please note that the drop-in clinics are very busy.



To be sure your child gets an appointment text 'appointment' to 027 845 1433 or phone (04) 237 5549.

The Porirua Ear Van timetable is available by visiting [www.rph.org.nz](http://www.rph.org.nz) (Public Health Topics > Ear Van).

We encourage you to continue sharing this newsletter with as many people at your school as possible.