



FREE HEALTH IMPROVEMENT PRACTITIONER (HIP) APPOINTMENTS –We're excited to welcome our new HIP, **Keryn**. She can help and support you in making positive changes to your health and wellbeing with things like;- managing thoughts, feelings and behaviours | stress, anxiety, depression or feeling down | Coping with loss | sleep problems | drug and alcohol problems | family or relationship issues | domestic violence | parenting | chronic pain | living with the side effects of illness and health conditions| Navigating gender identity |sexual orientation. She offers 30-min slots on



Mondays, Wednesdays and Fridays  call now for your free appointment.



APPOINTMENT SLOTS – to look after your needs appropriately, please note a doctor appointment is 15 minutes, this is enough time to cover one or... if time is favourable two issues. If you have multiple issues to discuss, please book two appointments (additional fees will apply). **Please ensure you book your appointments well in advance as we are currently booked up two + weeks ahead for routine appointments.**



WINTER WELLNESS - Self Care for Viral Illnesses (colds, flu, RSV, covid)

- ♥ **Rest at home** so you don't spread bugs, and give your body **time to recover**.
- ♥ **Drink plenty** of fluids, warm lemon and honey drinks or soups to avoid dehydration (honey is not safe for children under 1 yrs).
- ♥ **If you have a sore throat**, suck a teaspoon of honey or gargle with salt water. Adults can also try using a gargle, throat spray or pain-relief (anaesthetic) lozenges.
- ♥ **For a blocked or runny nose** you can try a decongestant and saline nasal spray. Also try sleeping propped up on pillows.
- ♥ **For a cough** sip a lemon and honey drink or ask your pharmacist about cough lozenges or medicines that may be suitable for you. Cough medicine doesn't cure a cough but may give you some relief. Read more about cough in children, cough in adults and cough medicines.
- ♥ If you **have post-nasal drip**, sleep propped up and you can also try saline rinses , decongestants or antihistamines.
- ♥ **Use your inhaler** if you have **asthma**.
- ♥ **For aches and pains** try paracetamol, ibuprofen OR cold and flu medicines. Ask your pharmacist what is safe for you.
- ♥ Check doses carefully to make sure you don't double up as many cold and flu medicines contain paracetamol or ibuprofen.
- ♥ **Avoid antibiotics** as they can't cure colds, flu or COVID-19 as these are caused by viruses.
- ♥ **Avoid strenuous exercise** such as running or swimming. In rare cases, viral infections can affect your heart – at any age.
- ♥ **Be kind to yourself and to others.** 😊



PRACTICE PLUS (afterhours extended care) –Available for you & your whanau afterhours virtual GP consultations; weekdays 5pm-10pm and weekends/public holidays 8am – 8pm. This service is provided by Practice Plus not Pegasus Medical Centre doctors. Pre-payment is required prior to booking (this is not a subsidised service).  More information is on our website.