



## Flu vaccines available...

We have a limited supply of flu vaccines in stock which are now available to all patients.

For pregnant women, patients aged 65 years and over, and some patients with specific medical conditions the vaccine is free. For other patients the cost is \$40.00.

Please make an appointment with our nurses if you would like to have one. It isn't too late, especially if you have overseas travel planned.

## 'Tis the season...for hay fever...



Hay fever (or seasonal allergic rhinitis) is the inflammation of the lining of the nose and eyes due to allergy. It causes blocked, runny and itchy nose, sneezing

and itchy watery eyes. Many people experience it as seasonal allergy to grass pollens. It usually occurs in spring and summer.

If severe and left untreated you may sleep poorly, be more prone to sinus and eye infections, and if you have asthma it may make your asthma symptoms more difficult to control.

Treatments include over the counter medications from the pharmacy, or through your doctor. These may include tablets, a nasal spray, or a decongestant.

Always continue to avoid the cause of your hay fever, where possible, even when taking medications.

Source: <https://www.healthnavigator.org.nz/health-a-z/h/hay-fever/>

If your symptoms are severe please make an appointment with your doctor as you may need further investigations.

## When we are closed

Please contact:

Wellington Accident & Urgent Medical Centre  
17 Adelaide Rd  
Newtown  
Wellington (04) 384-4944  
Open every day **8am-11pm**



**Or 11pm-8am**  
Wellington Hospital Emergency Dept  
Riddiford St  
Newtown  
Wellington

**Or**



## We are now on ... Facebook.

This is another way we plan to keep in touch with patients & let you know what is happening at NMC. Please "LIKE" our page.



## Self-check in Kiosk

We have recently added the ability to update some of your details when you use the kiosk. It will ask you to check your phone number, home address and email address.

The kiosk provides you with an alternative option to let us know that you are here for your appointment in the event that our reception team are busy with other patients.

Please don't hesitate to talk to one of our team if you have any issues with the kiosk.

## Booking an appointment via the patient portal.

To encourage continuity of care we wish to advise that we have altered the settings. You may now only book an appointment via the portal with your usual GP.

A reminder that you are unable to book appointments on the day via the portal. Please phone the medical centre if you think you may need to be seen urgently.



## Human Papillomavirus (HPV) vaccine available now...

We are pleased to advise our HPV vaccine stocks are replenished, following the nationwide supply issue. The vaccine is funded and available for everyone aged 9 to 27 years. There is a school-based programme running, and the vaccine is usually given in Year 8.



Most sexually active people will come into contact with it at some stage of their lives. HPV is a common virus and, for most people, it is harmless and has no symptoms so it can be transmitted without ever knowing. It has been estimated that around 1 in 20 cancers worldwide are caused by HPV, including almost all cervical, and most anal mouth and throat, cancers.

The vaccine works by causing the body to produce its own protection against the virus. The earlier the vaccinations are given the better the protection. This is why children aged 9-14 years only require two doses, while those aged 15- 27 years require three doses.

Further information can be found on [www.immune.org.nz](http://www.immune.org.nz) or the Ministry of Health's website <https://www.health.govt.nz/immunisation/hpv-immunisation-programme>

Please phone 04 478 9858 to make an appointment with the nurse.

## Community Services Card...

Just to clarify what it covers—the CSC fee (\$19.00) covers a single standard appointment for sickness or accident.

It does not cover extended appointments, or services such as medicals for driver's licence renewals, etc.

If you are unsure please ask our receptionist when booking your appointment and they can advise you of the likely cost.

## Patient experience survey...

Thank you to those of you who participate when contacted by the survey organisers. This national survey runs for one week every three months. Patients who are seen here during that week, who have an email address on file and who give consent, are then randomly invited to participate.

We review the feedback report as a team and consider how we can improve our services to you.

Your feedback is always welcome at any time. You can do this via our website, the comments box at reception, or by talking to one of our team.

## Scheduling your routine appointments (especially yearly ones)...

Like many places we have times of the year when we experience higher demand for our services than others. For us, this tends to be the winter months of June to Sept.

We would appreciate it if you could plan ahead for routine, non-urgent medicals (eg for renewal of yearly medications, etc) and book these in during March, April or May. That way you are more likely to get an appointment on a day and at a time that suits you.

Thank you for your help with managing our workflow in peak months.

*Obviously this does not apply to acute, urgent matters. Please always call us in these instances. If there are no appointments available you will be assessed by a GP or a nurse, and seen if necessary.*

