



Boosters, masks and being prepared to isolate at home

There's a COVID-19 infodemic at the moment – there's so much information coming at us all it's hard to know where to start and where to go to get trusted information.

Before we get down to COVID business, I do want to give a shout out to everyone who worked throughout the holiday period to provide health care to those in need, and importantly to continue providing vaccinations and testing throughout the holiday period, and special thanks to those involved in the important work of planning for and preparing our health system for Omicron.

Last week our vaccinators throughout the system clocked up the one millionth COVID-19 vaccination. It doesn't seem that long ago we were celebrating the first 100, then thousand, then 10,000. It's been a massive undertaking from a relatively small number of people in a compressed time-frame – thanks so much for your ongoing and important mahi.

We have excellent rates of vaccinations for those aged 12 and over in Canterbury.

- › All ethnicities – first dose 99 percent, fully vaccinated 97 percent
- › Māori – first dose 94 percent, fully vaccinated 90 percent
- › Pacific peoples – first dose 98 percent, fully vaccinated 95 percent

COVID-19 information for staff will be regularly updated on the [COVID-19 portal on Prism](#). This will become the go-to place for staff information.



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With no known cases of Omicron in our community, we have a window of opportunity to refine our plans and get as many people vaccinated as possible.

The [Ministry of Health](#) and the [Unite Against Covid](#) websites are the go-to sites for the latest official information and guidance for life at Red. The Ministry of

Health currently posts a daily update on the home page of their website between 1 and 2pm daily.

The three most important things to focus on this week are boosters, mask wearing and planning to ensure you're prepared to self-isolate at home if you or a member of your household gets sick.

Boosters

If it's four or more months since you had your second dose, please prioritise getting a booster as soon as possible. Boosters provide a significantly higher level of protection than two doses alone. People aged over 60 who have had their booster are around 45 times less likely to be hospitalised than an unvaccinated person of the same age.

You can book at [BookMyVaccine.nz](#) Many clinics are taking walk-ins, please note that demand is high and there may be a wait. Local clinic information, including opening hours, and a list of clinics offering vaccinations for tamaraki aged 5 years and over is available at [www.VaccinateCanterburyWestCoast.nz](#)

Boosters have now been mandated for all health staff, so if your booster's due please don't leave it till the last minute. Having your booster dose on board provides a significant increase in protection against Omicron – and remember it takes a couple of weeks to take full effect.

Staff in Christchurch may find the Orchard Road or Drive Through in Addington convenient locations.



They are taking drop-ins at 100D Orchard Road or the Christchurch Arena drive-through. They have extended hours from Tuesday 25 January until Thursday 27 Jan.

Orchard Road – extended hours are 9am-8pm

Drive Through – extended hours are 9am-7:30pm with no appointment necessary – there may be waits at peak times. You can [book an appointment online](#) for these clinics.

Masks

All visitors to all DHB facilities are now required to wear a disposable surgical mask – as are all staff apart from those in clinical areas where an N-95 is required. These paper masks provide a higher level of protection than a fabric mask or cloth face covering, and it's a simple thing we can all do to keep patients, ourselves and others safe.

Please see the poster on [page 27](#) with some practical tips on mask wearing, including 'no figure of 8 fiddling with the straps' and 'keep your nose in.'



What will Omicron look like in Canterbury?

Our scenario planning indicates that at its peak we are likely to have between 3500 to almost 4500 new Omicron cases each day.

Importantly though, only a small percentage will need hospital level care. Many people won't have symptoms, most people who are fully vaccinated (two doses plus booster) will experience a mild illness. Our current estimates are between 100-130 inpatients at any one time and only a small number of these patients are expected to need ICU care - current estimates vary from eight to 10 patients at any time in ICU.

Please note that our modelling also changes frequently, as new information becomes available.

Our scenario planning estimates that we may have up to 20 percent of our staff off work at any time due to illness or the need to isolate with their household, or care for dependants. Some staff who are asymptomatic may be able to work from home while isolating.

While we know Omicron is highly infectious: each person with Omicron has the potential to infect 10 to 12 other people, which is why it's so important to stay home if you're sick – and get tested if you have any symptoms of COVID-19. Latest reports suggest that a sore throat is one of the earliest and most common indicators of COVID-19. All the symptoms of COVID-19 are [here](#).

Further information on modelling is available for staff on [Prism](#).

Being prepared – make a plan for home and work

If you don't already have a plan regarding how you and the people in your household will manage self-isolation at home, now's the time to korero! Please take the time now to prepare yourselves and others for catching COVID-19.

Make a plan for what you will do if you or someone in your household tests positive. Connect with whānau, friends and neighbours to build a support network for each other. Make sure you have what you need at home in the event

you need to isolate for 14 days. More information on how to be prepared can be found on [page 15](#).

If one person in your household gets Omicron, you will all need to isolate. While 'shopping normally' now's the time to ensure your medicine cabinet has the basics, and the freezer, pantry and laundry are all well stocked with supplies.

Care in the community

As a health system our hospitals are prepared, and we are refining our plans for [Care in the Community](#) as for most people who are fully vaccinated (two doses plus their booster dose) Omicron will be a mild to moderate illness and they will be able to safely isolate and recover at home.

As a system our focus will increasingly be on those who have underlying health conditions or disabilities that make them more vulnerable to serious illness.

The emphasis will be on deploying resources to support people isolating at home and recovering from COVID-19.

We will continue to work closely with primary care – general practice and pharmacies, NGO providers, including Māori and Pacific providers, and MSD who will be providing welfare and a range of support services.

Making the most of our people resources

When we're in the thick of the Omicron outbreak with rapidly growing numbers of cases, we will need to rationalise which services we pause, and focus on what's essential.

Now's the time for teams to be thinking about priorities and how some services might be provided remotely via telephone or zoom/teams. In previous outbreaks this has been a safe and effective way to carry out outpatient consultations. I'm pleased that we can continue to carry out planned surgery and outpatient appointments at present,

but this won't always be the case, so please plan with your teams now and decide what's essential to continue and how you could work differently to minimise disruption for our community as well as prepare for supporting the wider clinical teams should some of our services pause for a time.

Some essential services such as cancer care will continue throughout with additional protective measures in place as deemed appropriate by clinical teams.

Be prepared to be redeployed

Staff who are currently in non-clinical roles that aren't considered essential in a pandemic may be redeployed to areas of high need. A survey is being carried out to ensure we have accurate information about who is available and their skills and experience. All staff in non-clinical roles are asked to complete [this short survey](#) as soon as possible to assist our workforce planning.

To inform any redeployment, we need to identify who has skills beyond their current role that could be utilised elsewhere. If that describes you, you will likely fall into one of three categories:

1. Clinical staff with a current practicing certificate, and not currently working in a clinical/patient-facing environment
2. Staff with a clinical background or experience, but no current practicing certificate, and
3. Non-clinical staff who may be able to assist with non-specialist care or in another vital role under the direction/supervision of suitably qualified and experienced staff.

Tāngata Ora – pulse survey – tell us what we can do as employers to help you get through COVID-19

Look out for the email sent to all staff last Friday – the email sender was *Canterbury District Health Board via AskYourTeam*.

The Tāngata Ora | Our People Survey happened nearly 9 months ago, and it's time to check that we're making progress with a 'pulse check', a short survey comprising 7 questions we asked last time, plus this time we've added



This information will only be used for the purposes of establishing your suitability for redeployment and help us match you to the right role and location. You and your manager will be consulted ahead of any proposed redeployment.

Thanks for your continued commitment to providing the best possible care to the people in our rohe. Any queries regarding redeployment can be sent to ECCCovidStaffing@cdhb.health.nz.

a free text field where we want to hear your ideas on ways we can help you be your best at work during the COVID-19 outbreak. What practical things can we do to support you?

Please take the time to share your ideas. The survey should take just a few minutes to complete. Your responses will be anonymous, so tell us what you think.

New ICU pod in Waipapa

Work is well underway on the construction of the new Intensive Care Unit (ICU) pod in Waipapa.

The new 12 bed pod is being constructed in a vacant space adjacent to the current ICU.

It will have a negative pressure environment and state-of-the-art equipment that will enable staff to provide best practice treatment based on lessons learned internationally.

The project is on target for completion prior to winter 2022. The new facility will add to our acute level care facilities. Read more on [page 9](#).

Health NZ and the Māori Health Authority

While not top of mind for most of us this week, please be assured that work is continuing, and these two new entities will be established by 1 July. We will share any information

we receive about the transition when we receive it – check their latest newsletter on [page 21](#).

Look after you, so you can look after others

Finally, a reminder to breathe...pace yourself and keep up all the good habits.

It's important to ensure you have a family/household plan sorted so you have peace of mind going into a busy period at work.

We can expect to see rapid changes to the way we work over the coming weeks. Please be kind and patient with each other, especially towards those who will be redeployed to new roles to help keep our community safe.

Remember to wear a mask, practice physical distancing and scan in everywhere you go.

Importantly please remember, for most people Omicron will be a mild illness.

This is a time for calm, and clear-headed thinking as we prepare for what will be a busy time for us all.



If you are feeling anxious, or have questions talk to your colleagues or manager. If you're concerned and want to talk to someone 24/7, you can call or text 1737 for a confidential chat.

Finally, thank you for all you are doing to keep our health system running smoothly.

These are challenging times, and I hope you all appreciate how vitally important your role is to ensure the Canterbury response to COVID-19 meets the needs of all of our communities as we move through the various stages.



Click [here](#) to watch the This week with Peter video

**Please note this video was recorded last Friday, before we moved to the RED setting*

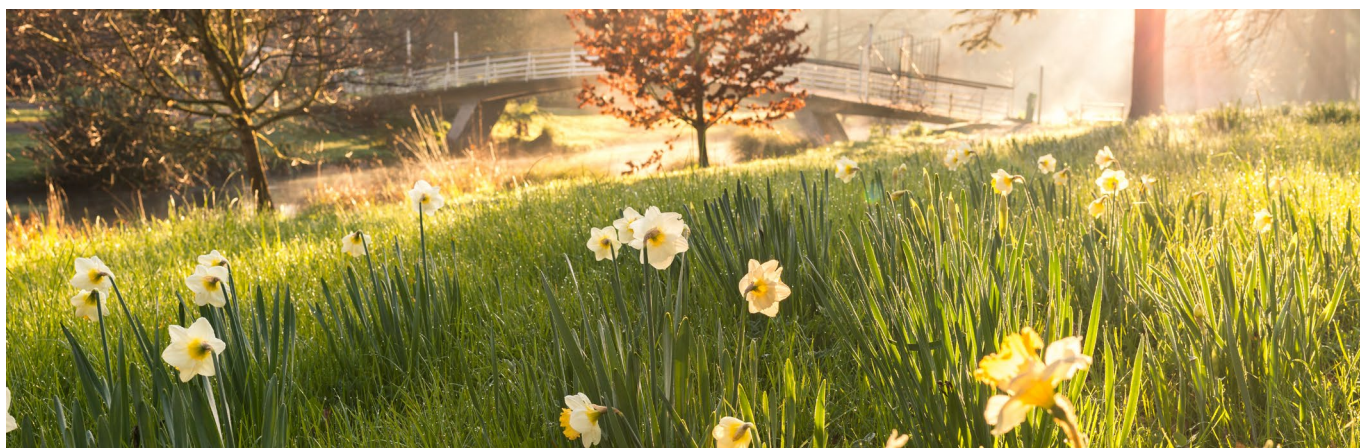
Kia pai tō koutou rā

Peter Bramley, CEO
Canterbury District Health Board

Please email us at AskPeter@cdhb.health.nz you have any questions for Peter.

If you have a story idea or want to provide feedback on *CEO Update* we would love to hear from you! Please email us at communications@cdhb.health.nz. Please note the deadline for story submissions is midday Thursday.

If you're not a staff member and you want to subscribe to receive this newsletter every week please [subscribe here](#).



Bouquets

COVID-19 Vaccination Clinic, Barrington Mall

We attended the Barrington COVID-19 clinic with my two children for their first COVID-19 vaccination and were really impressed with the efficiency, organisation and manner of the staff there. There was not a crying child on site, and the way they had it set up, with people waiting on one side and those that had finished on the other, made for a really positive environment for children. The nurse who did my daughter's vaccinations was super-efficient and friendly. Could you please pass on my thanks directly to the staff at the clinic? As a fellow nurse I really appreciate the hard work they are doing and value their role in our community.

ED, Christchurch Hospital

I visited ED on Christmas Day morning. Very friendly and helpful staff, my painful eye diagnosed and followed up with an appointment with an eye specialist at 1pm. Many thanks to the eye specialist, orderly and all the ED staff working over Christmas Day.

Medical Assessment Unit (MAU) team

Our family deeply appreciate the MAU management team, especially Charge Nurse Manager Allison and Registered Nurses (RNs) Yvonne and Elizabeth. Your great support for my dad means a lot to our whole family. Thank you.

Riverside, Christchurch Hospital

The staff on Riverside are wonderful people. I am very grateful for their help. I really enjoyed coming here. Chris, Jay, thank you, you're fabulous.

Ward 23, Christchurch Hospital

The team on Ward 23, including doctors, nurses and physiotherapists, have looked after me well. They have been very professional and treated me with respect and compassion. WellFood has also been great. Thank you to everybody.

Radiology, Christchurch Hospital

Wonderful service, nice people.

St John Ambulance, Emergency Department, (ED), Intensive Care Unit, (ICU), and Wards A3 and B3, Christchurch Hospital

My husband was admitted with serious cancer problems. I wish to compliment all your staff for the impeccable care given to him. From the ambulance crew, through to ED, ICU, the surgeons and Wards B3, and A3. It is a real privilege to come into this hospital and receive such beautiful care and love.

CT Scan, Christchurch Hospital

Sandy, Carmen and Pete took note that it was my birthday and sang 'Happy birthday' before my CT scan. Unique birthday experience. Wonderful people. Thanks.

Ward 18, Christchurch Hospital

Thanks to all the Ward 18 staff who do a real good job taking care of us. Special thanks to RN Laura Newton, night shift, who really stood out as a superstar. She went above and beyond all expectations in a very polite and cheerful manner. Lovely person and great nature. Thank you.

Ward 24, Christchurch Hospital

As the family of [patient's name] we would like to thank you for your kind and thoughtful care of our much-loved brother and uncle. Our particular thanks to RN Holly and Dr Dan and the many others who were involved in his final days and moments here with us. You showed much compassion and understanding and were very accommodating. It made a real difference.

MAU, Christchurch Hospital

I'd like to say how fantastic all involved were, at no point was I lacking information, worried or concerned about what was happening. Everyone was kind and caring. You should all be tremendously proud as you turned what could've been quite a horrible experience, and one which I think was genuinely the most painful of my life, into an experience that I couldn't complain about if I tried. So, thank you all very much from the bottom of my heart.

ED, Urology, Oncology Outpatients, and Ward B5, Christchurch Hospital

I would like to comment on my recent experience of the outstanding services offered in Christchurch Hospital's ED, Urology, Oncology Outpatients, and Ward B5. I was impressed with the immediate attention I received in ED, and especially the very thorough investigation into my symptoms and condition by the registrar on duty. He was courteous and efficient and had accessed my health record before he saw me, so I had no need to explain in detail all the issues affecting my health. He instigated several procedures and was in contact with the Oncology team before the decision was made to admit me. Regrettably, I do not recall his name, but would like to commend him for his outstanding and thorough investigation. He will make a superb physician.

In the last month I have had appointments in Urology Outpatients with Registrar Dr Mo, and in the Oncology Dept with Dr Scott Babington and Dr Brendon Anderson. Each of these doctors has been thoroughly professional, considerate and helpful in their advice and administration. The team in the Radiation Oncology department was also very pleasant. The material I was given to bring home has proven to be very helpful and informative, while the follow-up appointments and arrangements are impressive.

In Ward B5 I was well cared for by the excellent nursing staff, who were completely 'au fait' with my treatment on each shift. I would also like to thank the very kind WellFood staff member. Although I did not feel like eating much, nothing was a bother to her and she happily replaced a full plate with just a sandwich or a light dessert if that's all I could face. Such consideration when one is feeling lousy is appreciated.

The new hospital building and facilities are superb, and I was particularly impressed with having a single room in the ward and was therefore able to rest quietly. All in all, I cannot fault the care I have received to date from all the staff with whom I have contact. Please pass on my grateful thanks.

COVID-19 testing laboratory

The woman from the lab was incredibly kind, patient and helpful. I'm sorry I didn't get her name. Thank you.

RN Kanari, Ward A8, Christchurch Hospital

Thank you to nurse Kanari from Ward A8. My father is in hospital and the way she looked after him was the most caring I have seen. She went above and beyond to make sure he was comfortable, and we couldn't have asked for a better nurse.

Ward 18, Christchurch Hospital

I would like to thank your team for the care they have given me. The specialists, nurses and WellFood staff could not be better. A big thank you, well done.

Cardiology, Christchurch Hospital

All the nursing staff were quite remarkable - not just to me. I watched and listened to the care they gave the rest of the patients on the ward and saw how the nurses handled each patient as a person and dealt with some very difficult situations with incredible care and professionalism. My own care was also superb, and the discharging doctor was extremely helpful.

Orthopaedics, Christchurch Hospital

I wish to thank the staff in the Orthopaedic ward for the excellent care I received.

Brooke, ED, Christchurch Hospital

I want to say thank you to RN Brooke who was by far the loveliest nurse to ever look after me. She made me feel a lot more relaxed, and calm, despite me being a big baby about the amount of pain I was experiencing. She also had some pretty good jokes about the nature of my situation which made the whole experience much more relaxing.

Big Shout Out

I'd like to share my immense gratitude to everyone across Christchurch Hospital who supported Ward A8 in 2021 – its inaugural year. Extra gratitude specifically to the nurses and hospital aides who came to support us from the Nursing Bank. Thank you all.

From: Charge Nurse Manager, Ward A8 - Stroke and Vascular, Cindy Gibb

#carestartshere

ICU, Christchurch Hospital

I would like to pass on my grateful thanks to the staff of ICU, especially nurses Nicky and Laurie who looked after me with professionalism, but also genuine concern. Not only did they support me emotionally, but Nicky was very supportive of my husband, making sure he knew what was happening and also ensuring his needs were looked after (going home, ringing with updates and eating).

Wards B4 and 18, Christchurch Hospital

I've been impressed with everyone I have come into contact with, from the cleaners, WellFood staff and orderlies, and of course the amazing nursing team. I've been cared for and treated with respect, dignity and humour. The staff have skills, but they've also shown empathy and care – qualities that are often taken for granted. I wanted to be sure the hospital board realise what special teams you have on these wards, and I'm sure in the rest of the hospital. I would appreciate it if this feedback was communicated through to the teams on these wards to let them know that what they do really does make a difference.

Ward 24, Christchurch Hospital

I would like to give my heartfelt thanks to the doctors and nurses who took the utmost care of me during my stay – Dr Campbell, Dr Cathy and her team from the Neurology department. A big Vinaka Vakalevu, in my Fijian language. Thank you also to Ward 24 nurses Jo and Stephanie and the other staff. Thanks to WellFood staff member Maureen and others for giving me tea whenever I asked. Thanks also to my room cleaners, Arun and Anita. Above all, thank you DHB management for making my stay like being at home for my treatment. You guys rock. Please keep that spirit alive.

Security Guard Claire, Christchurch Hospital

I would like to say a massive thank you to Security Guard Claire. I arrived at the hospital with my mate who was involved in a serious accident. As you can only have one person in the room at a time, I was outside waiting, when Claire walked past me and smiled and asked if I was alright, as I was crying. I have never met such a kind and caring security guard. I instantly felt safe. Claire you are amazing! Thank you.

COVID-19 Vaccination Clinic, Orchard Rd

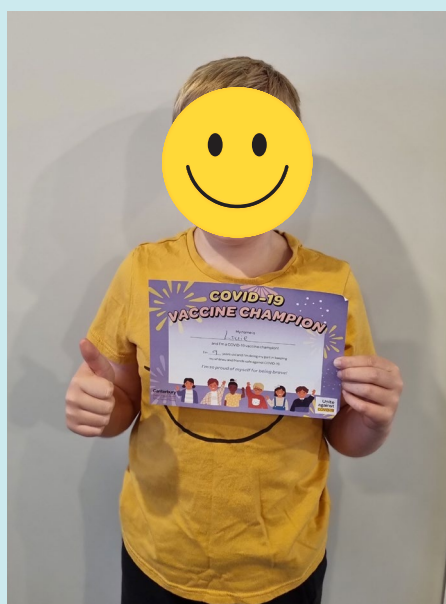
My wife and I would like to compliment you on an excellent service at the vaccination clinic in Orchard Road. We both experienced an extremely well organised vaccination, from registration to release after 15 minutes wait afterwards. The staff were very friendly and well-informed and always ready to go the extra mile to help. We have heard similar experiences from friends and family. You are doing an amazing job. Thank you very much.

Neonatal Intensive Care Unit (NICU) and Maternity Ward, Christchurch Women's Hospital

Nurses were out of this world, they went above and beyond to help us get our wee girl home. They always made us feel safe and welcome. Our time at NICU is a happy memory.

Gynaecology Ward, Christchurch Women's Hospital

The team who took care of me while I had my procedure done were absolutely amazing. I had a lot of anxiety going into theatre and found the procedure itself very painful/uncomfortable. However, the nurse was so incredibly gentle and caring towards me. It made the whole experience so much easier, I am so very thankful.



Like many others yesterday, we booked our 9-year-old son in for his vaccination at the Addington drive-through. We were due for our boosters too, so we got ours done at the same time.

It was drizzly rain but at every stop we were greeted with a smiling face. The wait was very long, 2 hours. We arrived at 3.15 for a booking at 3.30 but with the volume of people it just wasn't possible. It didn't matter however, as we had such a great experience there, in particular at our second to last stop point with the staff who administered the vaccination. Our son, Louie, was feeling very nervous and the vaccinator opened his car door and spent some time chatting to him. After the jab was done, he got a certificate and a round of applause from the staff. Honestly, they were just so wonderful, I had to pass this on. Considering they would have seen hundreds yesterday, they still made Louie feel very special!

Thank you for all the hard mahi being put into the services provided. We feel very lucky and privileged to be able to access such wonderful health care services.

New Intensive Care Unit pod being built

Work is well underway on the construction of the new pandemic Intensive Care Unit (ICU) pod in Waipapa.

The new 12-bed pod is being constructed in a vacant space adjacent to the current ICU and will have a negative pressure environment and state-of-the-art equipment that will enable staff to provide best-practice treatment based on lessons learned internationally.

Executive Director Infrastructure Rob Ojala says the \$12 million investment will also help future-proof ICU capacity in Christchurch.

"We have been actively considering options to improve our facilities in response to the ongoing pandemic, based on our evolving understanding of COVID-19 and its transmission.

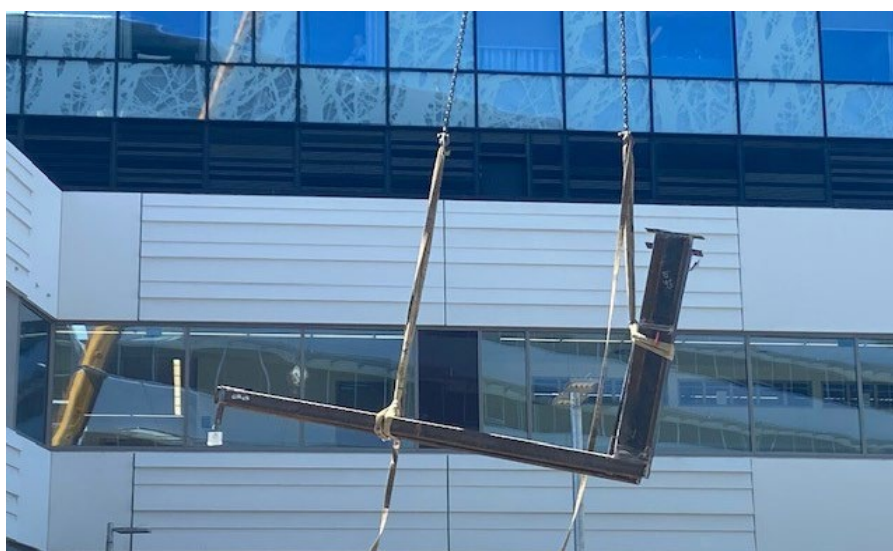
"Our team is working to a fast-tracked programme. While we might face some challenges such as ongoing global shipping and supply constraints, so far works are progressing well, and the project is on target for completion prior to winter 2022," he says.

The project is being led by our Facilities and Infrastructure team and the main contractor is Leighs Construction.

Secondary steel is currently being installed within each of the patient rooms, says Project Manager Brendon Groufsky.

"This is used to span across areas to support items such as pendants, hoists, exam lights.

"We fabricated the L-shaped steel forms off site and they were craned into the building in sections that can be manoeuvred into position by hand,



Steel beams are being installed in each ICU room to support items such as pendant lights and patient hoists

reducing the amount of welding on site. Timber wall framing will follow the installation of the steel.

"Ventilation, electrical and medical gases are beginning to be installed," he says

The new facility will add to our acute-level care facilities.

Canterbury DHB currently has 36 physical beds within the ICU and Children's High Care areas in Christchurch Hospital which can assist in a pandemic response.

The newly upgraded 32-bed Parkside Ground Medical space, which can be used to treat moderately unwell COVID-19 positive patients opened at the end of November last year.

In addition, Canterbury DHB has 54 negative pressure rooms across its facilities, 38 of these are in Christchurch Hospital.

Senior Responsible Officer for the COVID-19 response Helen Skinner says when there are high numbers of cases throughout the community,

most people who catch COVID-19 will recover at home and not need hospital level-care.

"With our good vaccination rates in Canterbury, vaccinated people who do get breakthrough infections will usually have mild symptoms that can safely be managed at home," she says.

"However, we can expect to see an increase in cases with breathing difficulties, particularly among those who are not vaccinated, in the winter months. These 12 new ICU bed spaces are very welcome addition.

"The Canterbury Health System is ready for those who need hospitalisation and our Care in the Community team is working with a range of non-governmental organisations and agencies to ensure wrap around care for those who need extra support.

"Now is a good time to make sure you and your extended family/whānau and neighbours are prepared and have a plan on what to do if one of you catches COVID-19," she says.

2 metre Peter to feature in London Science Museum

It was the handy guide that helped us visualise what two metres really looked like when we were first being asked to physically distance due to the COVID-19 pandemic.

Measuring tapes, posters and email signatures all featuring Charge Medical Radiation Technologist Peter Dooley, who is 2 metres tall, reminded us how far apart we should be from people not in our bubble.

Now the 'Thinking metres. Think in Peters' campaign created by members of Canterbury DHB's Communications team and photographed by Medical Illustrations is going to be showcased in the world-renowned Science Museum in London.

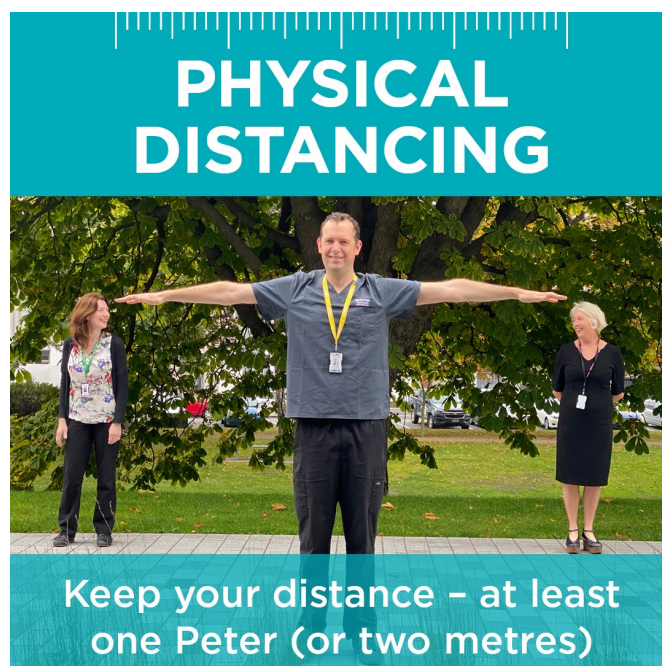
The Science Museum's Curator of Medicine Selina Hurley, one of the curators responsible for the museum's COVID-19 collection, contacted our Communications team to say they'd received some material from the campaign – two posters and a tape measure.

"As the original source of these items, I wanted to double check that you are happy for these to join the Science Museum's collection," she said.

The team delightedly said yes.

In response to the COVID-19 pandemic the museum's curators are researching stories and identifying objects to collect. These items will join the Science Museum Group Collection, providing a permanent record for future generations of medical, scientific, industrial, cultural and personal responses to the outbreak and chronicling its impact on society.

The aim is to research and collect materials that reflect the medical, public health, industrial and scientific responses to the COVID-19 pandemic from a range of different sources, both national and international.



Peter has long been affectionately known as '2 metre Peter' because of his height (that's 6 foot 5 inches for those of us who don't think in decimal). He was very much a 'good sort' in agreeing to be the poster boy for the campaign, patiently having his photo taken and dealing with the resulting organisational-scale fame.

First introduced to staff in the CEO Update in [April 2020](#) with the headline – Don't be a fool and break the 2-metre rule, the article went on to say that Our '2 metre Peter' was our new measure for physical distancing.

Thanks for your excellent mahi Peter – and we might see you in London one day!



Kirsten Beynon – one of a kind

Just before Christmas, staff from Canterbury Health Laboratories (CHL) and from across our health system gathered to celebrate Kirsten Beynon and the positive change she has been part of for more than a quarter century in health.

It's fair to say that those 25 years have seen many ups and downs, but each challenge has been met, because the culture Kirsten has encouraged at labs is that 'the show must go on'.

And it's been quite a show – floods, earthquakes, terror attacks, numerous infectious disease outbreaks and two pandemics. During each of these tough times and under Kirsten's leadership as General Manager, CHL has stepped up to the plate and knocked it out of the park.

Kirsten has always been focused on the team and what can be achieved together, which is why so many of her colleagues and friends wanted to acknowledge her leadership and her significant contribution over the years.

Labs staff are often the 'hidden stars' as Kirsten herself put it, though no-one fought harder for them to be recognised and celebrated than her.

Here are just a couple of highlights from what her closest colleagues had to say:

"Kirsten's exemplary leadership skills have nurtured a creative, people-centred environment at the forefront of testing and research that is the best in the country. She will be tremendously missed, and I am grateful to have had the privilege of working with her."

(Chief of Pathology and Laboratories Anja Werno)

Medical Microbiologist David Murdoch wanted to commend Kirsten for securing a new role for the Ministry of Health as Chief Advisor Laboratory Testing, which he and Anja had strongly advocated directly to Director General of Health Ashley Bloomfield for, earlier in the pandemic.

"Landing such a key role shows the breadth and depth of knowledge and expertise Kirsten has acquired. At first, we thought there must be many contenders for this position, but the harder we looked the more it seemed like there was really only one. Being recognised as an authority at this level is a testimony to the reputation she has built and is a credit to her," David says.

Kirsten had some words of thanks and advice of her own. Her main message to colleagues and friends was that the difference they make daily is what has made her time at CHL such a meaningful and rewarding experience.

She went on to say that throughout, she has valued the teamwork and support for colleagues and an unquenchable desire to celebrate achievements – and there have been many.

"Continue to be great, be kind, believe in what you do and share your knowledge. I am excited for your future and for my own as we travel the next leg of our journeys."



Former Canterbury Health Laboratories General Manager Kirsten Beynon



Medical Microbiologist David Murdoch

Teddy bear donation will help children in hospital

Ashburton Hospital has gratefully received a generous donation of teddy bears.

"We wish to express our appreciation for the lovely teddy bears given to us by Whitcoulls Ashburton for the comfort of children who have been admitted to hospital," says Associate Clinical Charge Nurse, Acute and Inpatient, Ashburton and Rural Health Services Margaret Anderson.

Customers to their store in the lead-up to Christmas are given the opportunity to donate \$10 for a teddy bear for children presenting to Ashburton Hospital over the Christmas/New Year holiday season.

"Ashburton Hospital is grateful for the generosity of Whitcoulls and their customers in making this gesture which has become an annual occurrence over the past 10 years,"

Children can experience stress when they are admitted to hospital, and the giving of such a toy can help to distract the child's attention from the treatment they are receiving, she says.



From left, Elfreda Dixon of Whitcoulls Ashburton presenting teddy bears to Associate Clinical Charge Nurse, Acute and Inpatient, Ashburton and Rural Health Services Margaret Anderson



Make sure your vaccine pass is event ready

Get yours at MyCovidRecord.nz

Memories of Lincoln Maternity

In a few short months, Lincoln Community Maternity Unit will close and transfer to our brand new primary care unit, Oromairaki, in the Selwyn Health Hub.

Thousands of people have moved through the unit since it opened in 1927 –staff, parents, whānau, visitors and of course the many babies who were born there.

Do you have memories of Lincoln Maternity that you would like to share?

Photos, stories and mementos from staff (past and present), parents and those born in the unit would be greatly appreciated as we prepare to farewell an icon of the Lincoln community.

Please email communications@cdhb.health.nz if you have anything to share.



Lincoln Community Maternity Unit – photo courtesy of the New Zealand College of Midwives



Staff go the extra mile (literally) to help vaccinate Coasters

Thank you so much to staff who gave up their holiday breaks to go to the West Coast to help administer vaccinations.

While many of us were relaxing on holiday these staff members were going the extra mile to help protect Coasters.

Ka Pai.



The team who went to the West Coast on New Year's Day, from left, Immunisation Outreach Registered Nurse Christine Coppard, Registered Midwife Debbie Stevens, and COVID-19 Administrator Corinna Hokianga

Find a clinic

delivering COVID-19
immunisations for
children aged 5 and over



Are you ready for Omicron?

Omicron is a variant of COVID-19 that first emerged in November 2021.

The World Health Organization (WHO) quickly classified it as a variant of concern because of the high number of mutations it contains. It is now present in more than 70 countries, with case numbers exceeding those of the Delta variant in many, including the United Kingdom, USA and South Africa.

It is not a matter of if, but when, Omicron emerges in Canterbury, but we have the benefit of time and learning from the experiences of other nations who continue to battle this variant. Even if we are unable to keep Omicron out of New Zealand, we can reduce the risk of serious illness, slow its spread and minimise the strain on our health system and supply chains.

An Omicron outbreak has far-reaching health, social and economic implications.

1. It spreads at an alarming rate. Queensland has a population comparable to New Zealand at 5.185 million (although New Zealand is about 20 percent the size). On 14 December 2021, Queensland reported a total of eight community cases of COVID-19. One week later on 21 December, 171 cases were reported. On 28 December the number was 1573 and a week after that, on 4 January, Queensland reported 12,466 community COVID-19 cases.
2. A lot of people get sick and can't go out or to work which can lead to staff shortages, delivery delays, supply chain issues, empty supermarket shelves and reduced retail spending.
3. The sickest people are disproportionately those who are unvaccinated. Vaccinated people can and do get sick with COVID-19 but the unvaccinated are more likely to suffer severe illness and respiratory symptoms
4. A lot of sick people also means an increased strain on health resources.
5. More children and infants get sick with COVID-19 because it spreads so easily, they can't wear masks and they are the group least likely to be vaccinated.



Some pharmacies are selling 'Omicron prep kits' or you can make one up yourself. This one has Ibuprofen, hand sanitiser, a thermometer, a pulse oximeter, throat gargle, vitamin C, dry cough medicine as well as a packet of masks and sanitising wipes (not visible)

Protect

To reduce the risk of infection and protect yourself and others from serious illness:

Get your booster

- › If it has been four months or more since your second COVID-19 vaccination, NOW is the time to get your booster.
- › Research shows that the booster provides a significant increase in protection from severe illness and hospitalisation due to Omicron.
- › If you or someone you care about has not yet been vaccinated, get it done.

Vaccinate your tamariki

- › Children aged between 5 and 11-years-old can now be vaccinated. It is the best protection for them.

Maintain the basics

- › Wear a mask
- › Physically distance
- › Wash or sanitise your hands regularly
- › Scan the QR code wherever you go
- › Stay home if you're sick
- › If indoors with others, ensure good ventilation by opening doors and windows

Prepare

Be ready for Omicron to infect you, your whānau and your household.

- › Read and print off [this checklist](#). Go through it with the members of your household and make sure you have a plan in place.
- › Create your own 'prep kit' (see image) or at least make sure your medicine cabinet has essential prescription medications, paracetamol, throat lozenges, tissues, sanitiser, masks and gloves.
- › Consider what arrangements you will need to make for children and pets as well as friends and whānau who rely on you, should you become ill.
- › Ensure that if you have to, you can access your organisation's systems and work from home.
- › Consider how you might isolate your whole household or just certain members within it.
- › Establish who will bring you your essential items and groceries if you're isolating at home.

Park it (till you recover)

If you [test positive for COVID-19](#) you need to isolate at home (or in your current location if you're away from home)

- › You will be required to isolate for at least 14 days and be symptom-free for at least 72 hours regardless of your vaccination status.
- › Read: [What to expect when self-isolating at home](#).
- › Treat your symptoms. Take paracetamol for the aches and fever, throat lozenges and gargles for your throat. Drink plenty of clear liquids, eat healthy meals and try to get quality sleep.
- › Monitor your health and if you or a household member become seriously unwell or experience issues breathing to the point that it is difficult to speak, please call 111 immediately.

The Care in the Community team will maintain regular contact to review your symptoms and monitor your situation, but we also recommend that you:

- › Maintain contact with your general practice team through phone calls, Zoom and/or emails.
- › Stay in contact with supportive friends and whānau through phone or video calls.
- › Try to maintain some routine and normality especially if you are working from home.
- › Take a break from social media if it is making you stressed or anxious. Turn off the TV and turn up some music.
- › Canterbury DHB offer 'wellbeing check ins' for staff that provide the opportunity to share information and receive support and advice on coping strategies.

Email staffwelfare@cdhb.health.nz to request contact.

- › Call or text 1737 - a free and confidential helpline which connects you to a trained counsellor for a text or voice chat.



Kia ora – we're self isolating
Please do not enter

Our contact information:

Find out more at [Covid19.govt.nz](https://www.covid19.govt.nz)

Te Kāwanatanga o Aotearoa
New Zealand Government

**Unite
against
COVID-19**

Surprise visitors thrill children in hospital

A team from the Christchurch South police station made a surprise visit to Christchurch Hospital to bring smiles to kids who were stuck in hospital during the holiday season.

The reactions from kids and their whānau were priceless (even under masks!). It was a fantastic boost for children who have been doing it hard, as well as for officers working over the holidays.

Thank you, New Zealand Police!



Get ready for Omicron

Te Kāwanatanga o Aotearoa
New Zealand Government

Unite
against
COVID-19



Life at Red



Get a booster dose if you're over 18 and it has been 4 months since your last dose



Wear a face covering whenever you leave the house



Make sure you have your My Vaccine Pass ready to be checked - most places will have restrictions in place



Workplaces and schools are open - public health measures will be in place



Keep scanning QR codes and record keeping everywhere you go



Keep physically distanced where possible



If you have cold or flu symptoms isolate immediately and call Healthline on 0800 358 5453 for advice about a test

Find out more at [Covid19.govt.nz](https://www.covid19.govt.nz)

Te Kāwanatanga o Aotearoa
New Zealand Government

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COVID-19

Shared care plans key communication tool during pandemic

Since COVID-19 first reached our shores, the way we use technology to support patients has been firmly in the spotlight.

As we enter the third year of a global pandemic and a new variant is at the forefront of everyone's minds, the Shared Care Planning team is exploring how shared care plans can support health care teams to have important conversations about medical decisions with their at-risk patients.

"The shared care plans, particularly the Acute Plan, proved really effective during the first lockdown as they provided a place to record information about patient preferences and key medical decisions for everyone involved in care to access," said Rebecca Muir, Shared Care Planning Programme Lead and Product Manager.

"The Acute Plan supports clinicians to make decisions around the safe and effective management of patient's complex health conditions by sharing important information that can be updated in real time."

During 2020, 3764 Acute Plans were created or updated to share critical information for people who may have presented acutely unwell to emergency services and were particularly at risk of serious infections with COVID-19, such as people with respiratory or other complex conditions.

Rebecca continued: "This year, more than ever, there will be a need to support and manage patients at risk of an acute exacerbation. We recognise that there will be an increase of unwell patients living in the community, so we need to manage our resources effectively to reduce pressure across the system and ensure we can manage our most vulnerable patients as close to home as possible."

The suite of shared care plans also includes a Personalised Care Plan (PCP) and the Advance Care Plan.

Acute Plan

- › Can support decision making regarding the need for admission, investigations, and appropriate setting for acute care.
- › Information recorded could include reference to other medical care plans, patient preferences, baseline functions, clinical risks, and reference to any other care plans that sit within Health Connect South.

Personalised Care Plan

- › Aims to support patients to work with care teams to coordinate care around their needs and priorities, making goals and activities visible to other clinical teams.
- › Focuses on a subset of the patient's health care or can be created across a range of different conditions.

Advance Care Plan

- › Works through the process of thinking about, discussing, and legally documenting a person's wishes about the type and level of medical care and treatment they want to receive at the end of life (or) when they can't speak for themselves.

Benefits of using the plans

- › A single place to capture key information for acute teams that can be kept up-to-date and relevant to the patient - clinician to clinician communication.
- › Enables secure information sharing between hospital, primary and some community care providers.
- › Simple to complete and amend, can assist in streamlining patient care.
- › Provides guidance to clinicians who are unfamiliar with the patient.
- › Can proactively support the communication of information for vulnerable cohorts of patients e.g., for people receiving palliative care.
- › A way to support and advocate for people who do not have support people with them such as when we have visitor restrictions at hospital.

The plans are used across other South Island regions.

Creating an Acute Plan is free for the patient and now is an opportune time for health care teams to talk to their patients about making one. For more information visit the Shared Care [Planning page on the CCN](#) website.

Forget the life-changing resolutions and set small goals instead

All over the world, people woke up on 1 January 2022 and pledged to change. To lose weight, exercise more, to give up sugar, alcohol, meat or cigarettes. Some resolved to change their interactions; to say 'yes' more or finally start saying 'no'. To approach work, family or life with a completely new attitude. All bold and transformative goals that most will abandon before the calendar flicks over to February.

Most New Year resolutions are doomed to fail within one to six weeks when a lack of time, motivation or resources can take hold. Self-doubt often creeps in along with the realisation that your initial goals were unrealistic.

After a challenging couple of years and 2022 threatening to be Groundhog Day, perhaps it is time to forget about rapid life transformation and consider a slower and gentler transition to better habits.

Setting small, achievable goals helps you reap the rewards and feel satisfaction more often. Instead of targeting a weight loss of 15kg for the year for example, set yourself a low monthly goal instead. When you reach these small goals, it helps trigger your brain's reward system and release dopamine, the motivator hormone. This can also help alleviate stress and build resilience.

Making it fun is important because we are more likely to continue doing something if we enjoy it. If sweating it out in the gym on your own leaves you cold, perhaps joining a club or team will be a more enjoyable way for you to exercise? If you want to broaden your literary knowledge but you're easily distracted or caught up with other things, joining (or starting) a book club will help. You'll have clear expectations and timelines around completing your reading, meet some new people and enjoy a glass of wine or two along the way!



Sharing your goals with someone is proven to increase the likelihood that you'll stick at them. A good friend who checks in on your progress or even joins you in your goal attainment, helps keep you accountable and focused. Having a friend on the journey with you also motivates and enhances the sense of achievement as the small wins along the way are shared.

Keep going even if you suffer a misstep or two. Don't give up because you showed a moment of weakness or didn't quite reach the goal you had set. It's not always going to be easy and no one is perfect, so go easy on yourself. One chocolate bar is not going to destroy your diet and skipping the run for a sleep-in is not the end of the world. Acknowledge your 'blip', re-group, re-focus and move on.

Celebrate your achievements and be proud of what you have been able to do. The individual goals may be small and achievable, but your commitment and overall behaviour change is immense. Rewarding yourself is also important and acts as an incentive to maintain your focus and efforts.

One minute with... Steve Peseta, Health Coach, based at Three Rivers Health under Te Tumu Waiora

What does your job involve?

Serving and supporting our general practice and the local community of Ashburton, and wider mid-Canterbury. I help manage our front-of-house engagement with patients during COVID-19 alert level protocols, and work with our patients with long-term conditions, such as diabetes.

I work under Te Tumu Waiora (TTW), which is Te Reo for 'To head towards wellness' – a new model of primary healthcare and support. It aims to provide people experiencing mental distress, addiction challenges, and/or long-term health conditions, with access to convenient, high quality, integrated and person-centred care and support. It includes providing advice and support to clinicians around holistic approaches and strategies.

The free service is accessed through general practice and based around three roles in the primary care workforce – the Health Improvement Practitioner, Health Coach and Support Worker. The first two of these are based in the practice.

For patients, it's about focusing on individual goals, connecting them to support in the community as needed and promoting self-management. This can lead to connecting patients to the third role in the TTW model – the Support Worker – who helps patients in the community.

Why did you choose to work in this field?

To me it was a logical step from my previous role as a community mental health support worker, to step into health coaching. Combining my experience of working in mental health with Primary Health just made sense!

What do you like about it?

I enjoy supporting the team in the general practice. I am a big believer in and advocate for utilising already established community resources and supports for patients to take advantage of, such as the 'Appetite for Life' programme – which this role allows me to do.

Working with patients is such a privilege. I really value being able to walk alongside people on their individual journeys, helping them to focus on managing their overall wellbeing better. It's very encouraging to see someone doing better and achieving their own personal goals.

As I say to all my patients; "Your life is like car, in which you are the driver and I am just the back-seat driver coming for a ride and pointing out along the way all the wonderful things you can access and try".

What are the challenging bits?

Possibly my commute between Christchurch and Ashburton every day. Though it's been over a year, dealing with the traffic can be gnarly at the best of times!

Who inspires you and why?

My father; because if it wasn't for him, I wouldn't be the person I am today, or be where I am, he is my rock.

What do Canterbury DHB's values (Care and respect for others, Integrity in all we do and Responsibility for outcomes) mean to you in your role?

They align with what I try to represent every day I turn up for work; no matter who I am seeing or engaging with.

Something you won't find on my LinkedIn profile is...

My next holiday destination ideas!

If you could be anywhere in the world right now it would be...

In Asia, especially Singapore. I miss the food, shopping, heat and multitude of activities.

What do you do on a typical Sunday?

House chores and then dinner at my whānau's home in the evening.

What's your favourite food?

KFC and Samoan Chop Suey.

And your favourite music?

Anything that I can groove or relax to.



If you would like to take part in the column or would like to nominate someone please contact Naomi.Gilling@cdhb.health.nz

Something For You



Something for You is the Canterbury DHB employee benefits programme. The deals offered are from the Canterbury business community to say thank you for all that you do.

OPSM

OPSM

Get 15 percent off all prescription eyewear, please see more information here. Promotional code must be presented at time of appointment and ordering.



Sunglass Hut

Receive 15 percent off all full priced sunglasses, please see more information here. Promotional code must be presented at time of appointment and ordering.



Oakley

Get 15 percent off all full priced eyewear, apparel, accessories and footwear, please see more information here. Promotional code must be presented at time of appointment and ordering.

A1 Autoservices Garage

142-146 Fitzgerald Avenue, Christchurch

Pay only \$150 and get \$1,040 worth of car servicing! Please read the detailed service package and terms and conditions here. You can email Craig at a1auto4service@gmail.com or text/phone (029 778 0052) to arrange a voucher.

We have several hotel chains like CPG, Millennium, Swiss-Belhotel, Heritage and Mi-Pad (in Queenstown) offering discounted accommodation for Canterbury and West Coast staff. Visit the [Something for You](#) page to get the discount codes.

Health reform newsletter

The latest edition of People Panui, the newsletter of the health system reform is out now.

It includes information on:

- › Chief executives announced for interim entities
- › Procurement project team established
- › How data and digital will change the way we work
- › National roadshow wraps up
- › The Health Reform Transition Unit visits Hutt Valley and Capital & Coast DHBs
- › Key areas of interest from the roadshows

You can read the newsletter on the [futureofhealth](#) website [here](#)

Also, the latest Update from the Transition Unit newsletter is available with information including:

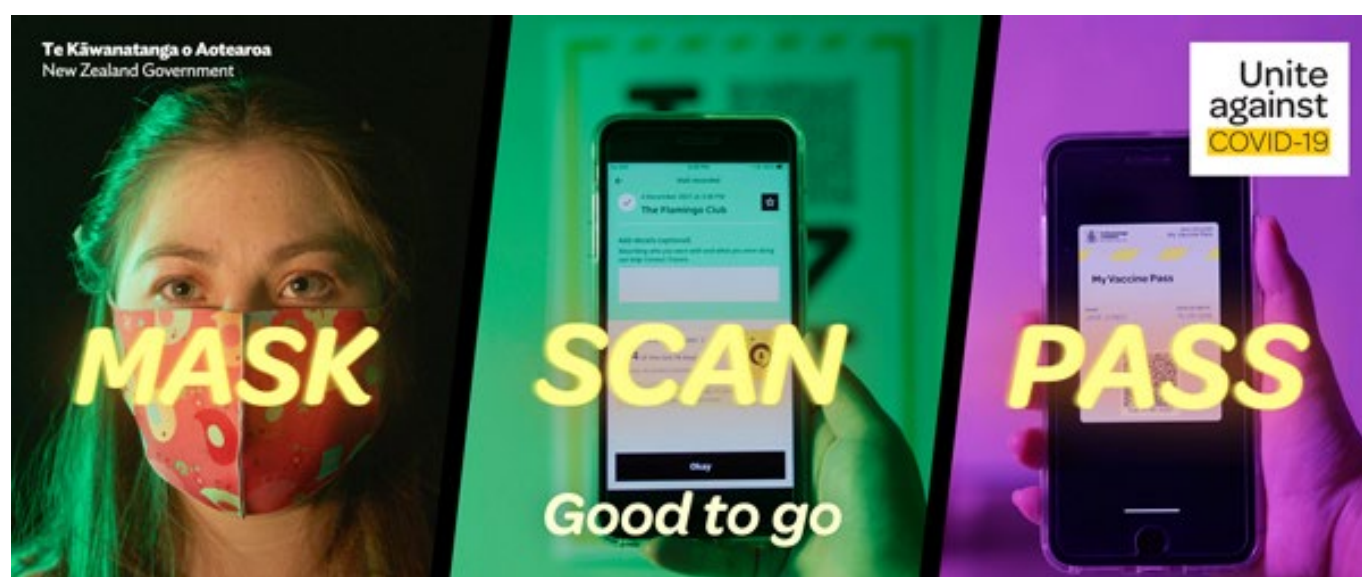
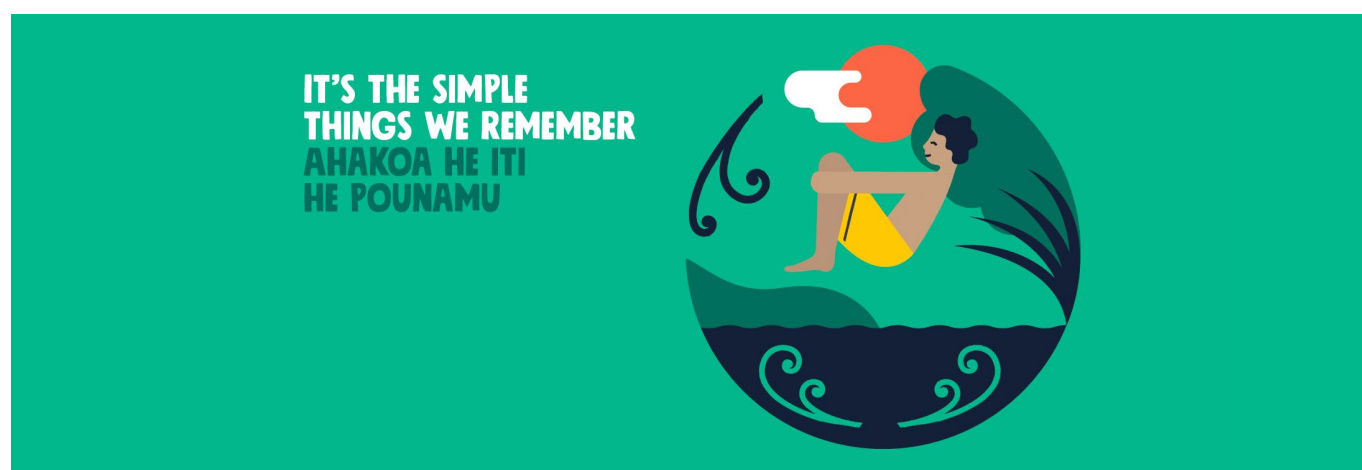
- › Chief executives Margie Apa and Riana Manuel to lead Health New Zealand entities
- › The Health Reform Transition Unit is beginning work on the second phase of defining the new localities
- › Review of the regulatory framework that supports our health system

Read this and more in the newsletter [here](#)

Community Health Information Centre newsletter

The latest Community Health Information Centre (CHIC) provides free health resources to any person or organisation in Canterbury, South Canterbury, West Coast and Chatham Islands. The resources are developed by Community and Public Health staff, and other health agencies. The [latest edition is out now](#) and highlights new and revised resources available from your local CHIC office.

The resources are developed by Community and Public Health staff, and other health agencies. For more information about CHIC and to order resources online visit the [Community and Public Health website](#).



Patricia
Ara Pacific Advisory
Group chair

GET READY to mentor

Equip yourself to enhance professional practice and accountability with the Postgraduate Certificate in Professional Supervision, starting at Ara in February.

On this one-year, part-time programme you'll learn how to supervise your peers to manage and ensure critical reflection, compliance, risk minimisation and service delivery.

Explore this professional development opportunity and apply today at ara.ac.nz



Ara

Institute of Canterbury
Ara rau, taumata rau



Te Kāhui Kōkiri Mātanga
Professional Development Recognition Programme

PDRP Update 2021

ePortfolios:

CDHB Nurses: Portfolio submission from May 1st, 2022, will be by an electronic portfolio only.

Primary and Community Organisations: linked to the Canterbury PDRP office: may submit via hard copy; or an ePortfolio portfolio.

Nurses Due to Submit a Portfolio:

All CDHB nurses due to submit a portfolio between now and May 1 are gently reminded to complete the on-line ePortfolio education on HealthLearn **ePortfolio RGIT003**. Please then book into a face-to-face training session called '**ePortfolio Training sessions CAIT005**', also on healthLearn. You will need to get onto this asap.

We wish to allay any concerns some nurses may have about ePortfolios. We will assist you with all you need to know and have you 'ready to go' at the face-to-face training. Come and see us at Manawa at the training!

NETP / NESP Preceptors, Senior RN's who contribute to portfolios, Nurse Educators, PDRP Assessors:

You will also need to complete the training as above, to then have access to the ePortfolio system. Nurses will be 'sharing' their portfolios with you for various reasons, so you need to have access to this system.

ePortfolios can only be submitted when all the portfolio is complete.

Huarahi Whakatū PDRP for Māori Nurses:

The PDRP office is excited to inform you all the above PDRP programme is available for Māori nurses, within our Te Kāhui Kōkiri Mātanga PDRP regions.

Māori nurses who wish to do so, are invited to submit a portfolio to Huarahi Whakatū at any time after March 2022. This programme is currently off line being updated.

Submission will be via electronic means, and will include Māori competencies, as well as the Nursing Council of NZ nurse competencies. However, this PDRP is not yet available for Enrolled Nurses.

DECEMBER 2021 UPDATE

ePortfolios are coming

From 1st May 2022 all portfolio submissions will be via electronic portfolio for CDHB nurses. Community and Primary nurses will be a later date.

Step One: healthLearn
RGIT003

Step Two: healthLearn
CAIT005

All nurses from any organisation are invited to undertake the above training on ePortfolios.

Nurse Educators, Nurse Leaders, Preceptors, PDRP Applicants and Assessors are encouraged to train early for ePortfolios

For all PDRP related queries please email
PDRP@CDHB.health.nz

Tō Tātou Ora Wellbeing Seminar Series 2022

Building a Better Brain: Nutrition & Mental Wellness

Professor Julia Rucklidge
University of Canterbury

Monday 31 January 2022
12.30pm - 1.30pm

Room 102A-B, Level 1, Manawa,
276 Antigua Street
My Vaccine Pass required

There is no need to RSVP, but space is limited.

wellbeing♥

Canterbury
District Health Board
Te Poari Hauora ō Waitaha



Right Service Right Time Te Whiri Ora update – December 2021

We are very excited to be able to send this update to let people know that the website for Te Whiri Ora (the new pathway that has replaced the Canterbury Children's Team) is now live. The address is <https://tewhiriora.weebly.com/> The website includes information about the staff involved in the co-ordination service and most importantly the ability to make a request for support. The functionality of the website still needs some work, but the information is there.

We have not yet finalised an 0800 contact number. That will happen in the new year but in the meantime please contact the Te Whiri Ora Clinical Leads for enquiries: Kate Walkinshaw Tel: 027 886 5780 or Aroha Wetere Tel: 022 059 6305. Our service is closed from 24th December until 5th January but there will otherwise be cover from either Aroha or Kate throughout January.

We have already begun to accept a small number of referrals and to trial the new processes which have been developed through our co-design. There has been a positive response from whānau to the way they have experienced this so far, which is encouraging.

Four staff have been appointed into the Kaiwhiri/Coordinator positions across our 4 host agencies. They are: Melissa Trilford at Waipuna St John of God (covering North Canterbury as well as Christchurch), Rose Jones at Purapura Whetu, Janine McIvor at Presbyterian Support (covering Ashburton to Christchurch) and Kylie Delaney at Barnardos. They will be working closely with Kate and Aroha as well as with Lisa Keen who is the Right Service Right Time Coordinator.

A launch for Te Whiri Ora is planned for the afternoon on Wednesday 16th February to be held at Tūranga. We will send an invitation out early in 2022 for this. Please save the date for an opportunity for discussion about the implementation of our new model. We will also plan engagement hui for Ashburton and North Canterbury but have not yet set dates for these.

We have been so appreciative of the interest, feedback, and opportunities for conversation that we have had throughout the year. One area where there will be continuing development is around Mahi Tahi/panel meetings. Te Whiri Ora will have the opportunity for whānau to attend Mahi Tahi if they wish to and this will require consideration in order to make the experience useful and manageable for all involved.

Very best wishes for a happy Christmas and a relaxing break!

Ngā mihi mahana,

Victoria Newcombe, Kate Walkinshaw and Aroha Wetere

on behalf of the Right Service Right Time Governance Group

Mask requirements in non-clinical areas

Our current protocol of wearing masks while at work is 'source control', which reduces the risk of the wearer spreading infection.

In light of the highly transmissible Omicron variant, disposable medical masks are to be worn in all areas of our DHB facilities.

Previously fabric masks were an acceptable alternative in non-clinical areas, however this is no longer the case.

A reminder of the masking dos and don'ts:

DO

- ☒ Wash or sanitise your hands before handling your mask
- ☒ Hold the mask by the straps
- ☒ Fan it out to cover the mouth, chin and nose
- ☒ Disposable surgical masks are worn with the blue/coloured side facing outwards
- ☒ Ensure the stiff strip is at the top and moulds comfortably over the bridge of your nose
- ☒ Securely hook the elastic straps directly over your ears - do not create a figure eight with the straps as this creates air gaps
- ☒ Change your mask if it becomes moist or soiled and after eating
- ☒ Dispose of your masks in the regular (landfill) rubbish bin.

DON'T

- ☒ Play with, or touch your mask unnecessarily
- ☒ Let anyone else touch or wear your mask
- ☒ Leave your mask lying around or on a table.

You may remove your mask if

- You're the sole occupant of a workspace
- You're seated at your desk in a non-public area and are physically distanced at least metre from other people
- You are physically distanced at least 1 metre from other people in a meal break area.



Please wear
a mask

Find out more at [Covid19.govt.nz](https://www.covid19.govt.nz)

Te Kāwanatanga o Aotearoa
New Zealand Government

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