



The Christchurch Doctors
912 Colombo Street
Christchurch
Phone 366 3391
www.thechristchurchdoctors.co.nz



Patient Newsletter

Autumn Winter 2017

Flu Vaccines

Influenza vaccines have arrived and we will be conducting "flu vaccine clinics" on Tuesdays and Friday mornings and Wednesday afternoons in April and May. Please phone our receptionist for an appointment.

Eligibility for a free flu vaccine include

- Those aged 65 and over
- Those with a chronic health condition such as diabetes, cardiovascular disease, respiratory disease, cancer or renal disease
- Pregnant women



Non eligible \$29

Repeat Prescriptions

Our preferred method for receiving requests for repeat prescriptions is using our website and following the prompts.
www.thechristchurchdoctors.co.nz

If you are unable to order online, please phone one of our receptionists who will take the details of your request

Book your next appointment online

Our enrolled patients are able to book an appointment on-line using our website www.thechristchurchdoctors.co.nz Click on "Book an Appointment Online" button

Cervical Smear

It is important that you feel comfortable with the person who takes your smear. You have a choice at The Christchurch Doctors of either your doctor or practice nurse.

Do you want to stop smoking?

Our nurses can help you to quit or we refer you to one of our smoking cessation providers.





Infection Control – Coughs, colds and flu

- If you have symptoms of influenza, please telephone the medical centre for health advice. Please do not attend the Medical Centre in person.
- If you need to be seen by a doctor, our Practice Nurse will advise you on the phone.
- Patients with cold and flu symptoms will be asked to wear a protective mask for the duration of their visit to the Medical Centre and use the hand sanitizer provide to minimise the risk of infection

Keeping your details up to date

It is important that we have your up to date details. If you have changed your address, phone number or email, or have a new employer, please let our receptionist know

Our opening hours

Monday	Tuesday	Wednesday	Thursday	Friday
8.30am – 5.30pm				

Who should I contact after hours?

If you require **urgent medical attention, please dial 111**. If you require a doctor, please ring The Christchurch Doctors 366 3391 and your call will be redirected to HML Nurse Triage service for advice

Alternatively, please attend the
Pegasus 24 Hour Surgery, Cnr. Bealey Avenue and Colombo Street
For general health advice: www.healthinfo.org.nz

Key messages about Influenza

- Around one in four New Zealanders are infected with influenza or ‘flu’ each year. Many won’t feel sick at all, but can still pass it on to others. Getting an influenza vaccination before winter offers you and others the best protection
- Pregnant women and their babies can suffer serious consequences as a result of influenza. A FREE influenza vaccination during any trimester of the pregnancy reduces this risk
- Older people and those with certain medical conditions are more likely to have medical complications from influenza. **A FREE influenza vaccination** reduces these risks
- Influenza is a serious illness that can put anyone in hospital or even kill them, including young and healthy people
- Influenza vaccination is safe, effective and cannot give you “the flu”
- More than 1.2 million New Zealanders have their influenza vaccination each year. Getting vaccinated each year as early as possible before winter hits gives the best protection.