



# This Summer Choose Your Best Health Care Option

With people travelling away from their usual health care providers, reduced practice hours over public holidays, and rising summer temperatures, the demand on urgent care facilities and emergency departments often increases.

Our goal is to help keep these services available for those who truly need them by ensuring our communities are well-informed about their health care options and how to stay well.

## Key messages

### Check in before you head out!

**Slogan:** Check in before you head out!

**Short message:** Ensure you have enough medication and health care supplies when going away this summer.

**Expanded message:** December's here already, and the holidays aren't far away. It's a busy time of year, but it's also a good moment to pause and make sure you've got enough of your regular medicines to last through the break. Things can get pretty busy as we get closer to the holidays. Now's a good time to check your prescriptions and book an appointment if you need a repeat or review.

**Supporting information:** Remind people to check with their general practice team about repeat prescriptions before heading away or over the holiday period. For those with ongoing health conditions, suggest carrying a list of their medications and any relevant medical information in case they need to visit a new healthcare provider.

## Know your health care options.

**Slogan:** Know your care options away from home and on public holidays

**Short message:** Find out which health care providers are open near you when travelling, are away from home, or when your general practice is closed.

**Expanded message:**

A. If you're heading somewhere new this summer, it's important to know what care options are available. If you need care, you're not on your own. From after-hours clinics and pharmacies to virtual consultations, there's always someone ready to help.

B. Even though it's a public holiday, you're not on your own. If you need care today, there are options available, including telehealth, virtual consultation, and urgent and emergency care providers.

**Supporting information:** Provide a link to Healthpoint to find out which pharmacies are open in different regions during the summer. Link to [yourbestcare.co.nz](http://yourbestcare.co.nz) to find out alternative health care options.

## The holidays can be complicated

**Slogan:** Be gentle with yourself

**Short message:** The holiday season can be a stressful and hectic time for many people. If you are struggling or just need a little support, help is available.

**Expanded message:** The holidays can be full of joy, but they can also be a challenging time, routines change, whānau dynamics shift, and sometimes it can all feel a bit much. If you need to talk, you're not alone. You can call or text 1737 any time to connect with a trained counsellor or peer-support worker. It's free and available 24 hours a day, 7 days a week.

**Supporting information:** Encourage people to bookmark key numbers like 1737, crisis resolution and OutLine

## **Enjoy Summer safely.**

**Slogan:** Enjoy Summer safely!

**Short message:** Stay hydrated, use sunscreen, keep in the shade, practice water safety, and take food safety precautions.

**Expanded message:** The hot weather and long summer days mean you'll likely be spending more time outside. Make sure to protect yourself and your family from the sun, use SPF 50 sunscreen, seek shade during peak sun hours, and wear a hat and sunglasses. Stay hydrated by drinking plenty of water, and remember to take breaks in the shade. If you're swimming or spending time near water, practice safe swimming habits and keep within the flags. Food can spoil more quickly in summer, so follow the three Cs: clean, cook, and cool.

**Supporting information:** Encourage people to bookmark key numbers like Healthline and [yourbestcare.co.nz](https://yourbestcare.co.nz)