

Covid-19 Vaccine Update

Booster due dates	
If you got your last dose in...	...you can get a booster:
September	now
October	February
November	March
December	April

To Kaitiaki Take Kōwhiri
New Zealand Government

Unite against COVID-19

Booster Vaccines – we are underway with our Booster vaccinations. You can book your booster vaccine if you have had your second dose at least four months ago. We have dedicated Covid Clinics on Tuesdays to book in for your Covid-19 vaccine or booster.

Children aged 5 to 11 are now eligible for their COVID-19 vaccination.

For further information on COVID-19 vaccination and children please refer to:

The Unite against Covid-19 site <https://covid19.govt.nz/covid-19-vaccines/get-the-facts-about-covid-19-vaccination/covid-19->

The Traffic Lights - COVID-19 Protection Framework

Face-to-Face visits will be preceded by screening for respiratory illness by reception/nurse. We are offering telephone consultations at this time.

Please call us to arrange a Covid swab if you are unwell with respiratory, cough, cold, sore throat symptoms.

Covid-19 symptoms or locations of interest-

Please call us to arrange a Covid swab if you have been at a location of interest. See Ministry of Health website for an updated locations of interest list.



Be prepared for COVID-19 -

Everyone, whether you are vaccinated or unvaccinated, should prepare for what you need to do if you get COVID-19. Go to the link below and download the readiness checklist.

<https://covid19.govt.nz/prepare-and-stay-safe/be-prepared-for-covid-19/#how-to-prepare-your-household-for-covid-19>

Repeat Prescriptions

All prescriptions are now sent electronically directly to your pharmacy.

You must specify your Pharmacy of choice when ordering your script.

Repeat prescriptions must be requested using your Manage My Health App, please **allow 48 hours** for your script to be available.

For **ALL Urgent** scripts please call the practice on 04 801 5228.

Please remember to order your prescriptions before you run out as your request takes time to process. Courtenay Medical's policy requires all patients to have a medication review annually with their GP.

Online Banking & ATM deposits

Please include your name and chart number as the reference so we can allocate your payment.

Please note:

We no longer accept cheques

Reception Email: Please do not email reception with clinical matters or to book or cancel appointments. Our reception email is only for non-urgent administrative tasks.



Reminder

Payment for consultations is required on the day unless you have made prior arrangement with reception.

Heart Awareness Month - February



Heart Awareness month is an ideal time for you to have your heart health checked – ask your GP for further information or visit <https://www.heartfoundation.org.nz/> As a charity, the Heart Foundation relies on the community's support and generosity to help fund its lifesaving work in heart health research, education and cardiac care.

Staff news

We are excited to have 2 new staff members joining us mid-February, Dr Zoe Fudakowski and Nurse Ashleigh.

Slip, Slop, Slap, Scan and Sanitise



Wherever you go this summer, remember to **slip, slop, slap, scan and sanitise!** We all need to do our bit to make summer unstoppable.

Website - www.cmed.co.nz

Please visit our website, which we update regularly with important notices for our patients.

Bowel Screening

New Zealand's National Bowel Screening Programme (NBSP) is now being offered in the Wellington region. Bowel screening will be offered every two years to men and women aged 60-74 who are eligible for publicly funded healthcare.

Bowel screening website link: <https://bowelcancernz.org.nz/about-bowel-cancer/early-detection-and-prevention/screening/>

When we are closed...

You can seek medical attention at:
Wellington Accident & Urgent Medical Centre, 17 Adelaide Rd, Newtown, Wellington (04) 384-4944
Open every day 8am-9pm



Or between the hours of 11pm—8am
Wellington Hospital Emergency Department, Riddiford St, Newtown, Wellington.



Or Phone Healthline on 0800 611 116



Contact Details

Have you changed any of your contact details? Please tell Reception, so we can update your records, by phone 04 801 5228 or email us at reception@cmed.co.nz

Facebook & Wi-Fi

Like our page. We have free Wi-Fi in the waiting room

