**15 August 2016 - Community network update on Gastro illness in Havelock North**

During this time of gastro illness Havelock North residents are urged to:

* **check on neighbours, especially people living alone and the elderly**
* continue to **boil all water for one minute**  [View/download a Boil Water Advisory Fact Sheet](http://www.ourhealthhb.nz/assets/News-and-Event-files/Boil-Water-Advisory-Fact-Sheet-Aug2016.pdf)

Symptoms of the illness include diarrhoea and influenza like symptoms; headaches, muscle pain, fever and feeling generally unwell. Symptoms could last up to 10 days but would usually get better without antibiotics. However your doctor may give you a course of antibiotics is your illness is severe or you have other health problems.

**If symptoms persist people should see their family doctor.**

Sick people should stay away from work, school or early childcare education centres until they have had no symptoms - diarrhoea/vomiting - **for at least 48 hours**.

Campylobacter can’t be spread through the air but it can be spread if you swallow the bacteria. This may be from contaminated water and food, or from contact with infected people, so **hand washing is extremely important.** Hands need to be washed thoroughly by using plenty of soap and warm water, cleaning under fingernails, rinsing hands well and drying on a clean towel:

* before eating
* before and after preparing food
* after going to the toilet or changing a baby’s nappy
* after caring for people with campylobacter
* after playing or working with animals.

Children and older people are most at risk of dehydration and fluids, while the diarrhoea lasts, are very important. Suggested fluids:

* Water that is either bottled or been boiled.
* Diluted fruit juice / cordial / lemonade (dilute a quarter cup of juice with three quarters of a cup of bottled or boiled water).
* Rehydration solutions (such as gastrolyte) are available from your chemist or doctor.

**Do not drink sports drinks – they can make diarrhoea worse as they contain too much sugar.**

More information is available from <http://www.ourhealthhb.nz/assets/News-and-Event-files/HE1211-Campylobacter-WEB.pdf> or people can call Healthline on 0800 611 116 for advice 24/7 from a trained registered nurse.

Regular updates are being posted to:

* Hawke’s Bay DHB’s website [www.ourhealthhb.nz](http://www.ourhealthhb.nz) and Facebook page [www.facebook.com/HawkesBayDHB/](http://www.facebook.com/HawkesBayDHB/)
* Hastings District Council’s website [www.hastingsdc.govt.nz](http://www.hastingsdc.govt.nz)