

EARTHQUAKE AND TSUNAMI

Most earthquake injuries result from falling objects, glass and collapsed buildings. If you feel an earthquake and are inside a building, move no more than a few steps, then **drop, cover, hold**. Stay indoors until the shaking stops and it's safe to exit.

If you are outside, move no more than a few steps away from buildings, trees and power lines, then **drop, cover, hold**. If you are driving, pull over, and stay in the car with your seatbelt fastened until the shaking stops.



If an earthquake is so strong it is difficult to stand up or the shaking lasts for a minute or more it is possible a tsunami is imminent. Move inland and to higher ground by foot **IMMEDIATELY**. New Zealand does NOT have a tsunami warning siren system.

In a civil defence emergency;

- Check you and your family/travel companions are safe.
- Be aware of hazards e.g. glass, downed power cables, uneven roads.
- If evacuating, take your prescription medicines with you.
- Listen to National Radio (567 AM or 101 FM).

FREE HEALTH ADVICE

For free health advice and information about access to health services throughout New Zealand, call **Healthline 0800 611 116** to speak with a nurse, available 24 hours a day.

IN AN EMERGENCY DIAL 111 and ask for an ambulance

This is a free service in the Wellington region.

Wellington Regional Hospital

Riddiford Street, Newtown, Wellington
Phone: (04) 385 5999

Hutt Hospital

High Street, Lower Hutt
Phone: (04) 566 6999

Wairarapa Hospital

Te Ore Ore Rd, Landsdowne, Masterton
Phone: (06) 946 9800



We are the ones. 111



Regional Public Health
Better Health For The Greater Wellington Region



STAY SAFE ON & OFF THE FIELD

HEALTH INFORMATION
FOR VISITORS TO THE
WELLINGTON REGION



EMERGENCY CARE

Hospital emergency department (EDs) treat people who have a serious illness or injury that requires urgent attention.

The Porirua, Wellington and Hutt Valley regions are served by two EDs, one at Wellington Regional Hospital and the second at Hutt Hospital.

People are reminded that EDs are for emergencies only. Those with non-urgent illnesses or injuries will likely wait longer to be seen, as ED must prioritise urgent and acute patients, and there is a significant charge for non-residents to receive care at emergency departments.

How do I know if I need emergency care?

Anyone who is unsure about whether they need emergency care should contact a GP, medical practice or after-hours medical centre in the first instance. They can also call Healthline (0800 611 116) for free advice from a registered nurse.

Medical care for non-urgent health problems

Soft tissue injuries, sprained ankles, minor cuts or injuries, coughs and emergency supplies of prescription medicines are best managed by a visit to a GP or after-hours medical centre. GP fees applicable.

COMMUNITY PHARMACIES

Pharmacists can provide general health advice, the emergency contraception pill and other non-prescription medical supplies. Pharmacies with extended opening hours are available across the region.

SEXUAL HEALTH

Sexual health services including testing and treatment for sexually transmitted infections are available from the Wellington Sexual Health Service, located at 275 Cuba Street, Wellington. To book an appointment at the clinic, phone 0800 188 881.

MEDICAL CENTRES

These medical centres provide treatment for general health issues or minor injuries. They have extended opening hours and no appointment is required.

Wellington Accident & Urgent Medical Centre

17 Adelaide Rd, Newtown

Phone: (04) 384 4944

Hours: 8am – 11pm every day

Hutt Valley After Hours Medical Centre

729 High St, Lower Hutt

Phone: (04) 567 5345

Hours: 5.30pm – 11pm Monday to Friday
8am – 11pm weekends

Upper Hutt Health Centre

Queen Street car park, Upper Hutt

Phone: (04) 920 1800

Hours: 5pm – 8pm Monday to Friday
9am – 1pm, 2pm – 5pm weekends

Kenepuru Accident and Medical

Kenepuru Community Hospital, Raiha St, Porirua

Phone: (04) 918 2300

Hours: Open 24 hours

Kapiti Coast Team Medical

Coastlands Shopping Centre, Paraparaumu

Phone: (04) 297 3000

Hours: 8am – 10pm every day

Masterton Medical

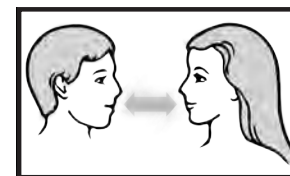
4 Colombo Road, Masterton

Phone: (06) 370 0011 or 0800 222 505

Hours: 8am – 6pm Monday to Friday
9am – 5pm weekends

KEEPING YOURSELF AND OTHERS WELL

If you are unwell you can reduce the risk of spreading the illness by staying away from large groups of people, covering your mouth when you cough and washing your hands thoroughly after going to the bathroom and before preparing food.



If you have the flu, vomiting or diarrhoea, stay away from others until well.

Tap water in New Zealand is safe to drink. Water collected from streams and rivers should be boiled or treated, as a precaution before drinking.

Please dispose of rubbish and bodily waste in designated places. For information on the location of motor home dump stations visit www.aa.co.nz.

**ALCOHOL AND DRUG
HELPLINE 0800 787 797**