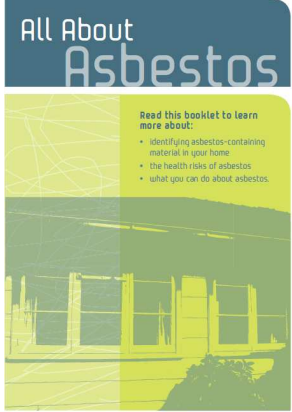
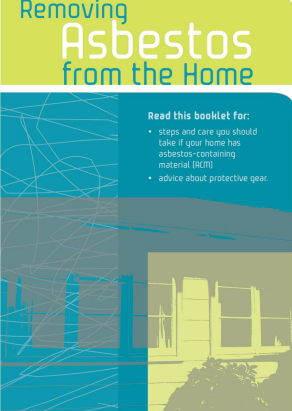
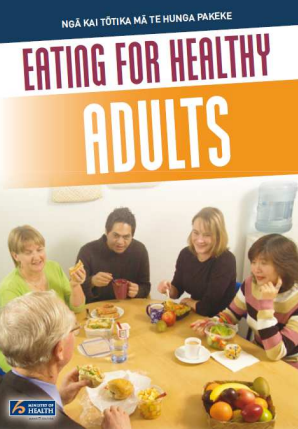
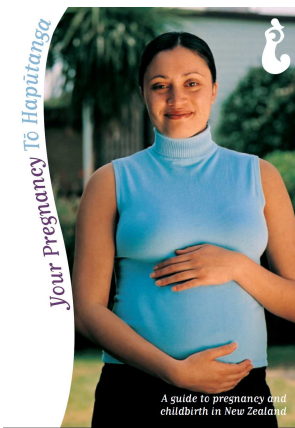



Resource Update

May 2013

New or revised resources now stocked in the Resource Room, Regional Public Health, 1st floor Community Health Building, Hutt Hospital, High St, Lower Hutt
To order please contact - Laurina Francis **P** – 570 9691 **F** – 570 9211
E - laurina.francis@huttvalleydhb.org.nz

<p>All About Asbestos</p> <p>Layout: A5 Booklet</p> <p>Source: Ministry of Health - HealthEd</p> <p>Code: HE7021</p> <p>View Content: Here</p>	<p>Revised – April 2013</p> <p>Please discard old versions</p> <p>Identification of asbestos in the home, its adverse effects on health (health risks), and safe actions in handling it.</p>	 <p>The cover of the 'All About Asbestos' booklet features a blue header with the title. Below is a green section with a list of topics: identifying asbestos-containing material in your home, the health risks of asbestos, and what you can do about asbestos. The bottom half of the cover shows a photograph of a building under renovation with yellow safety barriers.</p>
<p>Removing Asbestos From The Home</p> <p>Layout: A5 Booklet</p> <p>Source: Ministry of Health - HealthEd</p> <p>Code: HE7022</p> <p>View Content: Here</p>	<p>Revised – April 2013</p> <p>Please discard old versions</p> <p>Information on asbestos health risks, how to remove asbestos safely from the home, and appropriate protective gear.</p>	 <p>The cover of the 'Removing Asbestos from the Home' booklet has a green header with the title. It includes a blue section with bullet points: steps and care you should take if your home has asbestos-containing material (ACM), and advice about protective gear. The bottom half shows a photograph of a building under renovation with yellow safety barriers.</p>
<p>Eating For Healthy Adults</p> <p>Layout: A5 Booklet</p> <p>Source: Ministry of Health - HealthEd</p> <p>Code: HE 1518</p> <p>View Content: Here</p>	<p>Revised – February 2013</p> <p>Please discard old versions</p> <p>Food information for adults. Includes healthy eating, variety, food groups and nutrition, foods low in fat and salt, daily activity or exercise, drinking plenty of fluids, alcohol, and food safety.</p>	 <p>The cover of the 'Eating For Healthy Adults' booklet features a blue header with the title in both English and Māori. Below is an orange section with the title 'EATING FOR HEALTHY ADULTS'. The bottom half shows a photograph of a group of people sitting around a table, eating and talking.</p>

<p>Your Pregnancy</p> <p>Layout: A5 Booklet</p> <p>Source: Ministry of Health - HealthEd</p> <p>Code: HE 1420</p> <p>View Content: Here</p>	<p>Revised – March 2013</p> <p>Please discard old versions</p> <p>On being pregnant and keeping healthy (avoiding alcohol, smoking and drugs), labour and giving birth, the first few weeks after the birth of your baby, and the roles and responsibilities of LMCs (Lead Maternity Carers).</p>	
<p>Eating for Healthy Breastfeeding Women</p> <p>Layout: A5 Booklet</p> <p>Source: Ministry of Health - HealthEd</p> <p>Code: HE1806</p> <p>View Content: Here</p>	<p>Content Revision – February 2013</p> <p>Please discard old versions</p> <p>Food information for breastfeeding women. Includes nutrition, healthy food for mother and baby, dietary variety, drinking plenty of fluids, foods low in fat, salt and sugar, healthy weight, losing weight gained during pregnancy, daily activity or exercise, taking time out, alcohol, and being smokefree.</p>	
<p>Eating for Healthy Pregnant Women</p> <p>Layout: A5 Booklet</p> <p>Source: Ministry of Health - HealthEd</p> <p>Code: HE1805</p> <p>View Content: Here</p>	<p>Content Revision – February 2013</p> <p>Please discard old versions</p> <p>Food information for pregnant women. Includes food for a healthy mother and baby, dietary variety, drinking plenty of fluids, foods low in fat, salt and sugar, keeping active, food safety and listeria, salmonella, campylobacter and toxoplasma, snack and lunch ideas, eating well during pregnancy, indigestion, heartburn, constipation, alcohol, being smokefree, folic acid, iodine, and vitamin D.</p>	