

Whoosh

Official Newsletter of
Canterbury Asthma Society Incorporated (trading as)
CANBREATHE

Winter 2022
Issue 25.2

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Follow CanBreathe on Facebook and keep in touch with upcoming events.

Welcome to our Winter newsletter.

We hope you are keeping warm and staying well. To ensure your asthma or COPD is under good control, make sure your asthma or COPD action plan is up-to-date and in addition to being vaccinated and boosted for COVID-19 get your annual flu vaccination to help ward off the other nasty winter viruses. Remember to keep up the hand hygiene and other precautions to stop the spread of COVID-19 and other viruses.

Make sure your home is warm and dry now the cold weather has arrived. Check out the article on page three for the latest information about healthy homes and the subsidies available through Community Energy Action.

Take a few moments to read our Winter newsletter—there is useful information included for individuals, families and health professionals, as well as information on upcoming events.

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Thank You

CanBreathe wishes to thank our volunteers, members and donors for their ongoing support – without which we could not provide our services. Your assistance is very much appreciated.

Special thanks to Sharp for funding the printing of this newsletter.

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As Aotearoa emerges from its bubble, there's a much bigger chance of catching the flu.

From <https://www.health.govt.nz/>

Influenza – or the flu – is a virus that spreads quickly from person to person. Symptoms include fever, chills, aches, runny nose, a cough and stomach upset. Immunisation is your best defence against the flu.

Signs and symptoms of influenza can include:

- fever (a temperature of 38°C or higher)
- cough
- sore throat
- runny or stuffy nose
- body aches
- headache
- chills
- stomach upset, vomiting or diarrhoea.

It may take between 1–4 days to feel symptoms after you catch influenza. The worst symptoms usually last about 5 days, but coughing can last up to 2–3 weeks.

High risk groups

People at higher risk of developing complications if they get influenza include:

- pregnant people and those who have just given birth
- people with an ongoing health condition (like asthma, diabetes, cancer, a heart or lung condition, and conditions that affect the nervous or immune systems)
- significantly overweight people
- Māori and Pacific people aged 55 and over
- people aged 65 years or over
- very young children, especially infants (under 1 year).

If you are at higher risk, or are concerned about your symptoms, it is important to seek advice early from your doctor or Healthline (ph [0800 611 116](tel:0800611116)), to see if you need treatment (even if you have been seen before).

Māori and Pacific people aged 55 and over, other people aged 65 and over, pregnant people, those with certain chronic conditions and young children with a history of severe respiratory illness are eligible for free influenza immunisation. For more information on the flu vaccine visit the Ministry's [flu vaccine](#) page.

Danger signs

Seek urgent medical advice if you have:

- a high fever that doesn't come down, especially if you are pregnant
- chills or severe shaking
- difficulty breathing or chest pain
- purple or bluish discolouration of your lips, skin, fingers or toes
- seizures or convulsions
- signs of other serious conditions, such as [meningococcal disease](#) (which may include severe headache, sleepiness, vomiting, stiff neck, dislike of bright lights, and sometimes a rash).

Look out for signs of dehydration such as dizziness when standing, and not passing urine regularly.

If a person you are caring for is less responsive than normal, unusually quiet, or confused, you should call a doctor urgently.

It is also important to let your doctor know if you were starting to feel better, then get worse.

Danger signs for babies and young children

Call a doctor if your baby or child's breathing is fast or noisy or if they are wheezing or grunting. Check if the area below the ribs sucks inward (instead of expanding as normal) as they breathe in.

You should get help if your baby or child is:

- very pale
- drowsy or difficult to wake
- severely irritable, not wanting to be held
- limp or unable to move
- if a baby has dry nappies or no tears when they are crying, it means they are dehydrated. It is important to contact a doctor
- if they have signs of other serious conditions, such as [meningococcal disease](#) (which may include severe headache, stiff neck, dislike of bright lights, and sometimes a rash, but in very young children are often non-specific such as sleepiness and vomiting).

If you have any worries about yourself or someone you are caring for, call Healthline ([0800 611 116](tel:0800611116)) for advice or see a doctor, even if you have called or been seen before.



Stop the spread of the flu

The flu spreads quickly from person to person through touch and through the air. While you're unwell, stay away from work or school. Look after yourself and your family – rest and fluids are especially important.

Follow basic hygiene practices:

- Wash your hands regularly for at least 20 seconds and dry them for 20 seconds – or use an alcohol-based hand rub.
- Avoid touching your eyes, nose and mouth.
- Don't share drinks.
- Avoid crowded places.
- Cover your mouth and nose with a tissue when you cough or sneeze – then put the tissue in a lined bin.



**Feeling unwell?
Call your General Practice
Team 24/7**

and when they are closed a team of nurses is available to answer your call. Always make your GP team your first call 24/7, unless it's an emergency (when you should call 111).

When you or someone in your family is sick, just phone your usual general practice number and you will get care around the clock. If it's after hours you'll be able to speak to a nurse who can advise you on what to do and where to go if you need urgent care.



Help for warm, dry, healthy homes

Having a warm, dry house is one of the most important things many people with a respiratory condition can do to stay healthy. Cold and damp homes are associated with various health conditions, increased hospitalisations and excess winter deaths. Community Energy Action (CEA) has conducted research in the past in conjunction with the Canterbury DHB which showed a substantial reduction in hospitalisations when people's homes were insulated and efficient heating installed.

The first step to a warm home is to get your house's insulation checked. If you are an owner-occupier or a landlord, the energy advisors of CEA Charitable Trust can do this for free. Many homes have some insulation these days but if insulation was installed more than ten years ago, CEA's energy advisors' experience is that there is a high chance the insulation has deteriorated or compacted over the years or disturbed by contractors working in the roof. Also, in previous years, lower levels of insulation were installed than is now recommended for warmth. With more insulation, the house warms up quicker, heat is retained better and it will be much cheaper to achieve a warm home. If a house is cold, any moisture could condensate on cold surfaces such as window sills, walls, furniture, etc. Surfaces that stay wet for prolonged periods can encourage mould growth which can adversely affect those with respiratory conditions.

If the CEA energy advisor judges you need more insulation, homeowners with a Community Services Card (or CSC endorsed Gold Card) or living in an eligible low-income area can get the (top-up) insulation for free. Other can get a quote for the insulation.

To apply and for more information contact CEA on 0800 GETWARM (08004389276) or apply online at ww.cea.co.nz.



COVID-19 positive – Some things you need to know

From [healthnavigator.org.nz](https://www.healthnavigator.org.nz)

If you have been diagnosed with COVID-19, or think you might have COVID-19, you may have questions or concerns about when to seek medical advice and how to manage your symptoms.

Most people who get COVID-19 have mild symptoms. You will be assigned a healthcare team and advised if you can self-isolate at home or not. It is important to monitor your symptoms and talk with your healthcare team if you have any concerns.

Call 111 if you:

- have severe trouble breathing or severe chest pain
- are very confused or not thinking clearly
- feel faint or pass out (lose consciousness).

Call your healthcare team if:

- you have new or worse trouble breathing
- your symptoms are getting worse
- you start getting better and then get worse
- you have symptoms of severe dehydration such as:

- having a very dry mouth
- passing only a little urine (pee)
- feeling very light-headed.

You may experience very mild or no symptoms however it is still:

- Important to stay hydrated – drink plenty of fluids.
- Keep monitoring your symptoms so you notice any changes.

It is important to avoid running, strenuous exercise and high impact activities.

How do I monitor my symptoms?

Being monitored at home simply means you record your own results and how you are feeling (symptoms). A member of your healthcare team will contact you regularly to see how you are doing. How often your healthcare team checks in with you depends on your risk or how severe your symptoms are. It is important you keep track of your symptoms and write them in your diary, even when you are feeling okay. Your healthcare team will discuss your symptoms with you when they call, so it is important to have this information written down accurately.

Things you will need to record may include:

- your temperature (if you can), your [pulse oximeter](#) readings, your [heart rate \(pulse\)](#)
- how you are feeling
- how your breathing is
- any new symptoms you have.

A [symptom diary](#) and a [health and symptom diary](#) to help you with your recordings is available on [healthnavigator.org.nz](https://www.healthnavigator.org.nz)

COVID-19 symptom timeline – what to expect

Most people will have mild COVID-19 symptoms for up to 2 weeks. Symptoms tend to appear around 2–5 days after you are infected but can take up to 14 days to show.

Days 1–3

Early symptoms of COVID-19 vary widely.

- It can start with a tickle in your throat, a cough, fever or headache. You may also feel short of breath or a little pressure in your chest.

- Sometimes it begins with a bout of diarrhoea (runny poo).

- You may feel tired and/or may lose your sense of taste and smell.

- You may experience some or none of these symptoms.

Even if you have a mild COVID-19 infection, avoid running, workouts, weights and high impact activities until you've been cleared by your healthcare team.

Days 4–6

These are important days to be more aware of your symptoms. This is when lung (respiratory) symptoms may start to get worse, especially for older people and people who have other conditions like [high blood pressure](#), [obesity](#) or [diabetes](#).

- You may start to feel worse and may have aches, chills, cough and an inability to get comfortable.

Some younger people may develop rashes, including itchy red patches, swelling or blistering on your toes or fingers.

Days 7–8

- For people with mild illness, the worst is generally over after a week.

- Some people may get worse at this point, or start to feel better briefly then take a turn for the worse. **If you start to feel worse, contact your healthcare team.**



Long COVID

From [healthinfo.co.nz](https://www.healthinfo.co.nz)

Although most people with COVID-19 get better within weeks of their illness, some people experience long COVID.

Long COVID is a term used to describe the effects of COVID-19 that continue for weeks or months beyond the initial illness. You might also hear it called post-COVID syndrome, long-haul COVID, post-acute COVID or chronic COVID.

Anyone who has had COVID-19 can develop long COVID. Even people who had a mild case of COVID-19 can get long COVID. Long COVID is seen in all age groups, including children. There's no specific length of time that this condition lasts for. Symptoms may improve one week but come back the next. This pattern can last from three weeks to more than a year.

You're more likely to get long COVID if you're older, if you have other health conditions, if your initial COVID-19 illness was severe, if you're female or if you have a high BMI.

Symptoms vary and are different from the typical COVID-19 symptoms. People have reported symptoms such as: Extreme tiredness (fatigue); shortness of breath; chest pain or tightness; problems with memory and concentration ("brain fog"); difficulty sleeping (insomnia); heart palpitations; dizziness; pins and needles; joint pain; changes to the sense of smell or taste tinnitus (ringing in the ears); earaches; feeling sick; diarrhoea (runny poo); stomach aches, loss of appetite; fever (a high temperature); Cough; headaches; sore throat; rashes.

As long COVID is still new, scientists and healthcare providers are still working out the best ways to manage and treat it. Treatment usually involves managing the symptoms that affect you the most.

The most important thing you can do is get enough rest and pace yourself during your recovery. Frequent short rests are better than a few longer ones, so rest before you become exhausted.

Plan what you're going to do and don't overexert yourself. Try to break tasks that feel difficult into smaller chunks, and alternate easier and harder activities.

Contact your GP or healthcare team for help with managing and treating your long COVID symptoms. Contact your GP if you develop any new or worsening symptoms, such as:

- swelling of a leg or arm
- losing more weight
- a fast-beating or racing heart
- muscle aches
- dizziness.

Call **111** or seek urgent medical care if you have any of the following symptoms:

- coughing up blood
- severe chest pain
- getting more breathless.

Because the symptoms and experiences of long COVID aren't very clear, it can be useful to keep track of your symptoms. Recording them in a diary or keeping a log can help you better understand your symptoms, work out which symptoms affect you the most and identify any patterns and changes. You may also find it useful to take this diary to your appointments with your healthcare providers. There are a several apps you can download to track your symptoms.

The links below provide more information on Long COVID and support available:

Ministry of Health NZ —

<https://www.health.govt.nz/covid-19-novel-coronavirus/covid-19-health-advice-public/about-covid-19/long-covid>

Health Navigator

<https://www.healthnavigator.org.nz/health-a-z/c/covid-19-long-covid/>

National Institute for Health Innovations

<https://www.nihi.auckland.ac.nz/long-covid>

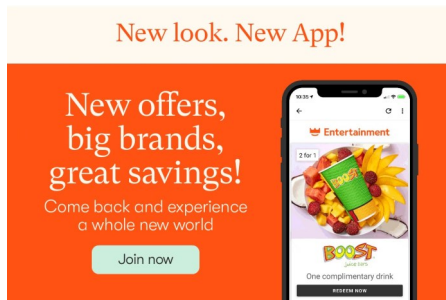
Support groups

Facebook: <https://www.facebook.com/groups/nzlongcovid/>

Twitter: <https://twitter.com/LongCovidNZ>

UK information booklet- <https://www.sign.ac.uk/media/1825/sign-long-covid-patient-booklet-v2.pdf>

Purchase an Entertainment Membership and help support children with asthma



The Entertainment Membership is now 100% digital! Having a digital membership on your phone ensures you can access discounts where ever you go. Purchasing an entertainment membership is a great opportunity to receive great savings on dining, entertainment and accommodation costs for you and your family and to support CanBreathe at the same time.

If you would like to support us, you can purchase a Membership here:

<https://www.entertainmentbook.co.nz/orderbooks/134h346>

Then you simply download the App to your smartphone and all the great deals and discounts will be at your fingertips. The funds raised from our sales will be used to provide our Baxter Bear kits for children with asthma. These kits have proven to help asthma management with children under 6-years.-old. It costs CanBreathe approximately \$40-\$50 to create a kit.



CanBreathe face masks for sale



CanBreathe has re useable/washable masks for sale for \$14 each with at least \$3 from every sale going towards providing CanBreathe's services. Masks are adjustable so can fit many face sizes.

CanBreathe also have KN95 for sale for \$3.50 each. Contact the CanBreathe office by phone or email to order your mask or just visit us during our opening hours.

North Canterbury Athletic Club Supporting CanBreathe

CanBreathe was delighted to be approached by the North Canterbury Athletic Club who, in conjunction with Canterbury Athletics, is hosting the 2022 Andrew Reese Memorial Relay to be held in Rangiora on Saturday 23rd July. The Club will be collecting donations and CanBreathe has been nominated as the recipient Charity for the donations.

Andrew Reese, was a Canterbury runner who dedicated much of his life to the sport. He started running at school and at first said he could not run like the other boys because he was an asthmatic. The Headmaster said, you will do it, and he started by running between the first and second lampposts, and the headmaster picked him up to join the boys at the end. Andrew increased the number of lampposts and there was a celebration when he was able to do the entire block. He became a runner.

CanBreathe Nurse Educators will be available on the day at the relay with free information and advice. Donation collection buckets will be available on the day however an online donation option is also available by going to—

<https://givealittle.co.nz/cause/andrew-reese-relay-2022-for-asthma-support>

For more information on the relay and/or to register a team go to—

<https://athleticscanterbury.org.nz/events/andrew-reese-memorial-relay/>

To remember Andrew, take a bit of "Drew-ism" away from the race – do something special, something good, and don't tell anyone about it.

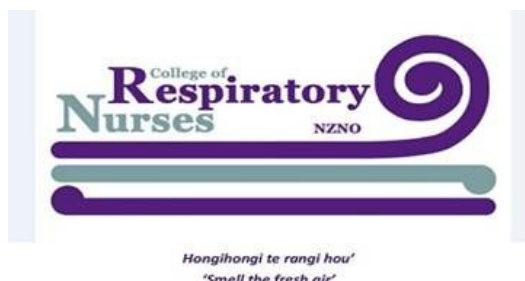


Health Professionals' Corner

**NZNO College of Respiratory Nurses
Respiratory Symposium and AGM
Bronchiectasis Awhi mai Awhi atu
Tuesday 6th September 2022**

Please note this is an online only Event

Registrations open in early June, more information and registration link is available on the **College of Respiratory Nurses page** — https://www.nzno.org.nz/groups/colleges_sections/colleges/college_of_respiratory_nurses/conferences_events



TSANZ/ANZSRS

**New Zealand Branch Meeting
28-30 September 2022
Respiratory Health | Through the
Lifespan**

Rutherford Hotel, 27 Nile St, Nelson

The meeting will be a hybrid event, with both on-site and virtual attendance options.

Key Dates

Registration and Abstract Submission Open - 3 May, 2022

Abstract Submission Close— 14 August, 2022

Early bird Registration Close - 21 August 2022

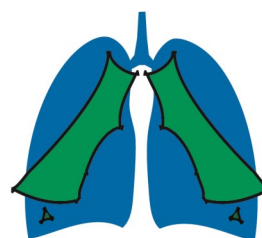
For more information or to register go to <https://www.thoracic.org.au/events/event/tsanz-anzsrs-new-zealand-branch-meeting-2022>



SIREF SAVE THE DATE

Friday 24 March 2023

More details including registration information will be available in our Spring newsletter.



SIREF
South Island
Respiratory
Educators Forum
Te Waipounamu

Breathe Easy, Breathe Freely Kia Ngāwari Te Roma - Hā



Asthma & COPD Fundamentals Masterclass

The Asthma and COPD Fundamentals Masterclass is a face-to-face one-day course that puts learning into practice and supports practitioners to utilise a range of tools and resources with their patients.

The Masterclass is also available as a stand alone refresher for health professionals who have completed the online Fundamentals modules through the Asthma+Respiratory Foundation NZ, or equivalent respiratory education, in the past.

CanBreathe is the approved provider of the Masterclass.

For more information and/or to express your interest in the next Masterclass please email us at teresa@canbreathe.org.nz or phone 386 0278.



CanBreathe wishes to extend its condolences to the families of members and friends who have recently lost loved ones. Our thoughts also go to any members unwell at this time.



More about us...

Contact Details:

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Phone: (03) 386 0278
Fax: (03) 386 0657
Email office@canbreathe.org.nz
Web www.canbreathe.org.nz

Office hours:

8:30am - 4pm, Monday to Friday (closed public holidays).

As we are often in consultations, doing home visits or education we recommend you give us a ring first to ensure we will be available if you wish to call in.

CanBreathe Staff:

Nurse Manager — Carmel Gregan-Ford
Reception/Admin — Annette Best
Accounts/Admin—Anna Kurapova
Respiratory Nurse Educators —
Amanda Williams and Teresa Chalecki

How we can help

We Provide free:

Individual consultations and education
Pre-school Baxter Bear programme
Spirometry testing (requires Doctor's referral).
Education sessions for preschools and schools and community groups.
Education to Aged Care services and other health providers

Charges may apply for:

Education providers and professional groups

We Sell:

Dust mite allergy bedding covers
Nebulisers
Nebuliser filters & giving sets
E-Chamber (la Petite) spacers
Pari-o-pep devices

We Hire:

Nebulisers (for short term hire only)

Want to know more or Support CanBreathe?

Do you have a question or need some assistance? Phone or email us - our services are free.

Become a Member - in addition to supporting our services annual membership of \$20 offers discounts on products available through CanBreathe and the Whoosh newsletter published and posted to you four times a year \$30 membership includes all your family.

Make a Donation – Canterbury Asthma Society (Inc.) is a registered Charity with the Charities Commission, No. CC 33783. Some of our work is funded by the Canterbury DHB, but we also need your help to continue to provide all to the community. Donations over \$5 are tax deductible and receipts can be provided.

For any of the above please complete the form below, cut out and post to CanBreathe, 196 Hills Road, Christchurch 8013. Alternatively you can make payment direct into our bank account — **03 0802 0100118 00** and email your details to office@canbreathe.org.nz so we can acknowledge and provide a receipt.

.....✂.....

Name _____

Address _____

Phone (day) _____

(evening) _____

Email _____

I Wish to: (tick one or more boxes as required)

- Become a Member (\$20 or \$30 enclosed).
- Make a donation
- Be contacted by a Nurse
- Know more about how I can support CanBreathe