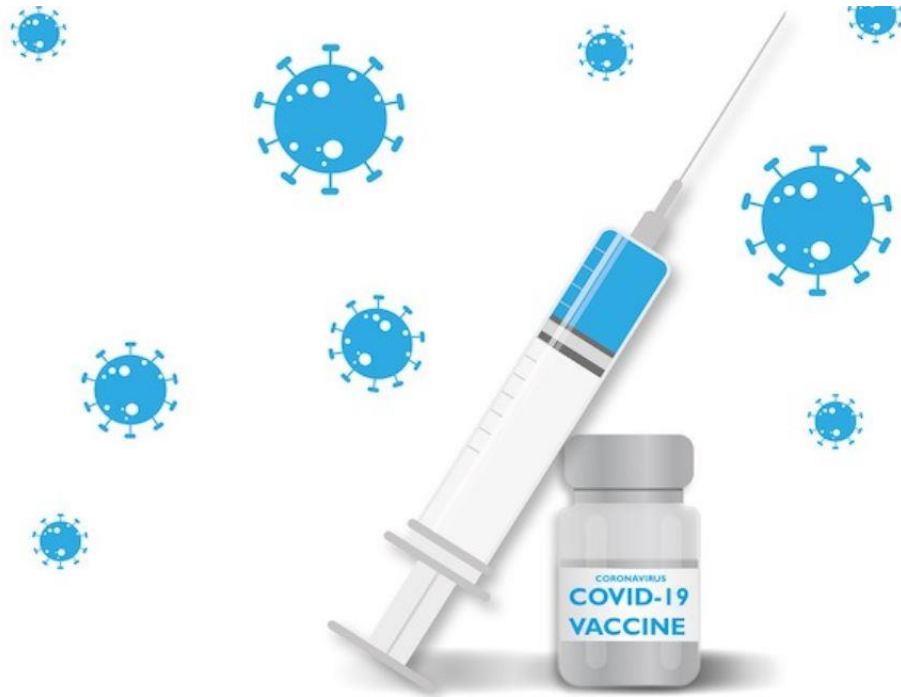


This month's topics in focus...



COVID vaccine – your questions answered

Find answers to some common questions about getting the COVID-19 vaccination and when it will be available.

- **What is the COVID-19 vaccine rollout plan in New Zealand?**
- **Which COVID-19 vaccine is being rolled out?**
- **Will everyone have to get the vaccine or can you choose?**
- **Can I ask to get the vaccine?**
- **Where will vaccinations happen?**
- **How can I be sure this information about the vaccine is true?**



All about fractures

A fracture is a broken bone. Common causes of broken bones include injuries, weakened bones such as **osteoporosis** and overuse (stress fractures). Find out **what you should do if you think someone has a fracture**.



What is a kidney infection?

A kidney infection (pyelonephritis) is a painful condition usually caused by a bladder infection. A kidney infection needs to be treated urgently with antibiotics. Read more about the **symptoms of a kidney infection and why urgent treatment is needed**.

See more of this month's **new or updated topics**

Top tips for wellbeing



Common questions about healthy eating

There is so much information about what to eat and what not to eat that it can get quite confusing. Here you can find fact-based answers to some **common questions about healthy eating**.



The benefits of tracking your menstrual cycle

Keeping track of your period helps you learn more about its frequency and length. It can also help you see patterns in mood changes. Find out about the other **benefits of tracking your menstrual cycle**.



How to support children's wellbeing

Everybody wants the best for their children or other tamariki in their life, but **how do you support and foster their wellbeing?**

Understanding your medicines and tests



Non-steroidal anti-inflammatories (NSAIDs)

NSAIDs are a type of pain relief medication used to treat pain caused by inflammation, but they are not suitable for everybody. Find out what you need to be aware of when taking **non-steroidal anti-inflammatories**.

Medicines used to manage asthma



There are many different types of asthma medicines. Sometimes you have to take more than one. Learn more about the different types of **asthma medicines and how to use them correctly**.

There's an app for that



Togetherall app

Togetherall is a digital mental health support service available online 24/7. It's a safe place for people with mental health conditions to share with and support each other.

Video of the month



It's the simple things that bring us joy

Hear from Dr Ramon Pink about the **5 ways to wellbeing for you and your family**.

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