

# Health Toolkit

for the RSE Workers Scheme



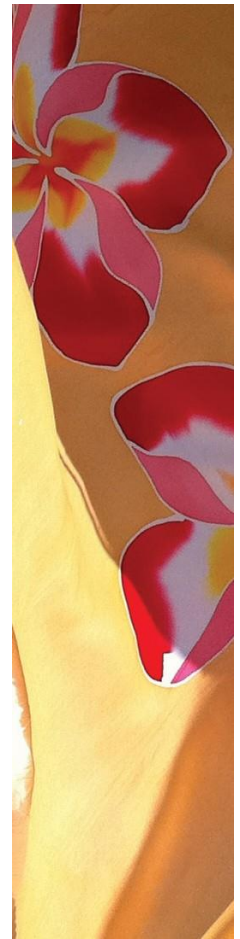
Prepared by:  
Hawke's Bay District Health Board



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This Health Toolkit has been prepared by the Hawke's Bay District Health Board in association with Family Planning.

If you have any questions or feedback regarding this toolkit please contact:

Debs Richardson

Public Health

Nurse Child Health Team

Flaxmere Community Health

19 Swansea Road, Flaxmere

Hastings

Ph 06 879 9440. Mobile 0275 999 538

[Debs.Richardson@hawkesbaydhb.govt.nz](mailto:Debs.Richardson@hawkesbaydhb.govt.nz)

# The purpose of this resource:

- To provide employers of RSE workers the advice to give workers to keep themselves safe and healthy while they are in New Zealand and to ensure the workers productivity is optimised.
- Provide information for the prevention of illness and provide resources and services where help can be found.

Visiting the doctor early will  
prevent health conditions  
from becoming serious!

## Visit the doctor early

Putting off seeing the doctor can allow for conditions to become serious, spread to other people, become more difficult to treat and the person may be sick for much longer.

Please support RSE workers to visit a doctor early!

# Check List for Employers

These are some of the topics employers should discuss with their RSE workforce.

## Workers are aware of:

- Hand washing
- Food safety
- Sun safety
- Not spitting
- Drinking plenty of water
- Where they can go to buy cheap fruit, vegetables and groceries
- Visiting the doctor early
- Having their own towels and bedding and regular laundering
- How to access interpreter services
- Being Smokefree
- The work place sickness policy



## In accommodation:

- Handwashing posters at all sinks
- Adequate fridge space
- Cooking equipment
  - stove top
  - oven
  - frying pan
  - saucepans
  - sharp knives
  - chopping boards
  - fish slice/ wooden spoon
- Condoms available

## At orchards and packhouses:

- Hand washing posters at all sinks
- Readily available:
  - Adequate toilet facilities with soap and paper towels
  - Drinking water
  - Plasters
  - Sunscreen

# Influenza (flu)

RSE workers may be at increased risk of getting the flu as they are more likely not to be immune to strains of influenza present in New Zealand.

The flu vaccine is the best way of protecting people from the disease. This is usually available from March onwards at GP practices.

Influenza is more severe than a cold. People can end up in bed for a week or more and are likely to be too sick to work. Anyone can get influenza if they are not already immune to the virus. People with lung conditions such as asthma and the elderly are at increased risk of suffering complications.

## Symptoms

Sudden onset of fever with cough  
Sore throat  
Muscle aches  
Headaches

Influenza can have serious complications, including pneumonia, requiring hospitalisation and can even be life threatening.

## How long is the person infectious for?

From 1 day before, up to 7 days after illness.

## Exclusion from work

Until free of symptoms for 48 hours.

## Treatment for influenza

Once someone has influenza, there is no cure for it except letting the body fight the virus.

1. Rest
2. Drink plenty of fluids
3. Paracetamol (to control fever, aches and pains)
  - It can be bought from the supermarket or chemists.
  - A normal adult dose is 2x 500mg tablets four times a day.

## Preventing spread

Avoid spreading the virus to others by:

- Staying at home until well
- Washing hands regularly (see hand washing section)
- Covering the mouth when sneezing/coughing
- Not spitting
- Throwing away of dirty tissues safely

## When to see the doctor

1. increasing breathing problems
2. coughing up yellow or green phlegm
3. severe headaches
4. dehydration

Always ring your doctor or practice nurse if you are worried or phone Healthline on 0800 611 116.

## Poster resource:

Influenza - Don't get it Don't give it

For more information see [www.influenza.org.nz](http://www.influenza.org.nz) for free vaccine and eligibility criteria

# Gastroenteritis (tummy bugs)

Gastroenteritis is an infection of the gut, commonly called a 'tummy bug'. When it is caused by food some people call it 'food poisoning'. Many organisms cause gastroenteritis including viruses and bacteria, such as Salmonella and Campylobacter.

People working in the food industry are especially at risk of spreading the disease by contaminating food with dirty hands and potentially leading to an outbreak.

## Symptoms

Nausea  
Vomiting  
Diarrhoea  
Abdominal pain  
Fever

Symptoms usually last from 12 to 48 hours, but some people may be unwell for longer. Some people may only have mild symptoms and others may not experience any symptoms. This is why it is important to always ensure good hand washing practice. In some cases the bug or toxin can continue to be excreted for weeks.

## How long is the person infectious for?

The person is infectious while vomiting and diarrhoea last, and up until eight days after illness starts.

## Exclusion period from work

Exclude from work until well and without diarrhoea for a period of at least 48 hours depending on the bug a clearance specimen (faecal) may be required. (for example: salmonella, shigella, typhoid and VTSC).

Exclusion from work for any ill food handlers (for example: vegetables and fruit such as apple pickers) is extremely important and in the absence of good food hygiene risk causing further outbreaks of illness. A high level of hand hygiene will be required for several weeks after illness. If in doubt contact the your local Public Health unit.

## How is gastroenteritis spread?

### Contaminated food

Bugs causing gastroenteritis can be found in foods (such as undercooked meat (particularly chicken, raw eggs and refrigerated rice) and cooked rice that has been left to sit for too long.

### Contaminated water

Human sewage and sewage polluted water can contaminate irrigation water, drinking water and shellfish beds if it is not treated adequately.

### Vomit and faeces

When people are ill, they excrete a large number of bugs in their vomit and faeces. Ill people can also spread the bugs by touching food, objects, surfaces (in particular toilet surfaces, door knobs and tap fittings) with dirty hands. When a large number of people are living together (for example: boarding accommodation) the risk of an outbreak is greater.

## Prevention

1. Hand cleaning is critical, especially after going to the toilet and before handling food. Those who have been unwell should maintain a high level of hand hygiene for several weeks after they become well.
2. Do not allow food workers to return to work until they are free of symptoms for 48 hours or the relevant criteria are met in relation to the bug.
3. Avoid preparing food at home and work until 48 hours after all symptoms cease.
4. Use bleach to clean up vomit or faeces. Leave windows and doors open to ventilate the building well.
5. Ensure there are adequate accessible toilets in the orchards and facilities for washing and drying hands.

## Treatment for gastroenteritis

There is no specific treatment for gastroenteritis, but severe cases of people infected with bacteria may be treated with antibiotics. Given time the person's immune system will overcome the infection.

To assist with recovery, extra fluid and rest are recommended.

## When to contact a doctor

A doctor should always be consulted if symptoms are severe and/or the person is becoming dehydrated.

Always ring your doctor  
or practice nurse if you  
are worried or phone  
Healthline on  
0800 611 116.

Booklet resource:

'Food safety for pacific people'

For more information see

[www.mpi.govt.nz/food-safety](http://www.mpi.govt.nz/food-safety)

# Diseases more common in the Pacific Islands

Some diseases are uncommon in New Zealand, but are seen more often in Pacific countries. An awareness of these diseases is important in people coming from the Pacific.

## Tuberculosis

Tuberculosis is caused by bacteria which mostly infect the lungs. It is spread to other people through cough droplets from someone with infected lungs.

Tuberculosis is taken very seriously as it can be fatal. Even though RSE workers may have a clear chest xray before they arrive, many of them will carry the bacteria and may become sick after they arrive. They are not infectious unless they develop lung disease, which can be seen on a chest x-ray.

## Symptoms

A cough that lasts for more than three weeks and does not respond to normal treatment

Coughing up blood

Fever

Heavy sweating at night

Weight loss

Fatigue

If any worker develops these symptoms they need to seek medical help promptly.

## How long is the person infectious for?

People with tuberculosis are infectious only when they have active lung disease. They will remain infectious until this is controlled.

## Exclusion period from work

People who are infectious with tuberculosis will be isolated by the Public Health Unit. They cannot return to work until cleared by the Medical Officer of Health.

## Treatment

Treatment requires several antibiotics which must be taken continuously for months. Although the person will begin to feel better during treatment it is crucial that they continue to take the medication as the bacteria is very hardy and a short course of treatment may allow it to come back.

## Contact tracing

Some people who are infected with tuberculosis show no symptoms. When someone is found to have tuberculosis all their contacts must also be tested to ensure that they have not also caught the disease even though they may not have symptoms.

## Preventing spread

The spread of tuberculosis is associated with people living in damp, cold, overcrowded living conditions. Good living conditions are therefore important.

As always hand washing, not spitting and covering the mouth when coughing are vital.

It is also more common among smokers and those whose immune systems are compromised. It is important to keep living quarters and the workplace smokefree.

It is vital that treatment for tuberculosis is taken even when the person begins to feel better.

## Typhoid fever (and parathyroid)

Typhoid fever is caused by a bacterium called *Salmonella typhi*. The bacteria are spread through contaminated food and water. It is most common in countries with poor sanitation. Typhoid fever can be fatal if not treated quickly. It is also responsible for outbreaks involving contaminated fruit.

### Symptoms

Symptoms can vary from no symptoms at all to very severe. Parathyroid infections tend to result in milder symptoms.

Symptoms normally appear between seven and 14 days after infection.

- Fever
- Headache
- Rash
- Stomach pains
- Loss of appetite
- Diarrhoea or severe constipation
- Nausea
- Cough

Many people who are infected with *Salmonella typhi* show no symptoms and can therefore spread the bacteria by handling food.

### How long is the person infectious for?

The person will be infectious until the treatment has cleared the bacteria from their body.

### Exclusion from work

The person must not work until clearance has been granted by the Medical Officer of Health after verification by GP.

### Treatment

Antibiotics must be started immediately. It is important to take the full course. Drinking plenty of water is also crucial to prevent dehydration. Medications such as panadol may be helpful to reduce the temperature.

Maintaining strict hygiene measures are vital. This includes hand washing and proper use of toilet facilities, safe disposal of urine and faeces to avoid spread.

The bacteria is known to pass on even after the person begins to feel better. They should be excluded from handling food until there is clearance by the Medical Officer of Health.

## Hepatitis A

Hepatitis A is a virus which infects the liver and causes a form of hepatitis (inflammation of the liver). The virus is spread through the faeces of infected people and can travel through contaminated water and food. The risk of Hep A is low in New Zealand however some Pacific Island countries have high rates of the virus. People coming from these countries may therefore already be infected with the virus.

### Symptoms

- Flu-like symptoms
- Tiredness
- Feeling sick
- Muscle aches
- Headache
- Loss of appetite
- Abdominal discomfort
- Yellow skin/eyes (jaundice)

### How long is the person infectious for?

From about 2 weeks before signs appear until 1 week after jaundice starts. The Public Health Unit will be involved and advise on actions required.

### Exclusion from work

At least seven days after the onset of symptoms until the Medical Officer of Health has given clearance.

### Treatment

The only treatment is to relieve symptoms. The body will clear the infection itself with time. The patient should avoid high fat foods and alcohol to give the liver a chance to repair itself.

### Prevention of spread

People with Hep A must thoroughly wash their hands after using the toilet and also avoid handling food and having unprotected sex.

There is an immunisation which can protect against Hep A when travelling to high risk countries.

## When to see the doctor?

People with the above symptoms should see the doctor immediately.



## Malaria

Malaria is an infection which can be caught from mosquitoes found in tropical areas. These mosquitoes cannot survive in the New Zealand climate. Malaria will not spread from person to person or contaminate food or produce.

### Symptoms

Flu-like symptoms, such as headache, nausea and muscle aches.

Symptoms can occur between a week and a year after the mosquito bite. Therefore people may contract the disease before they come to New Zealand

### How long is the person infectious for?

While in New Zealand a person with Malaria cannot pass it on as the mosquito which transmits the infection is not found in New Zealand.

Malaria can be severe and even fatal so it is important that people coming from high risk countries with these symptoms see a doctor.

## Dengue Fever

Dengue fever is another disease which is spread from the bites of infected mosquitoes. Like the mosquitoes that transmit malaria, these are not found in New Zealand. There have been outbreaks of dengue fever in Samoa. Dengue will not spread from person to person or contaminate food or produce.

### Symptoms

The symptoms normally appear within 1-2 weeks of the bite.

- Fever
- Headache
- Pain behind the eyes
- Joint and muscle pain
- Rash
- Nausea
- Vomiting
- Some bleeding
- Easy bruising.

### How long is the person infectious for?

Dengue can not be transmitted within New Zealand.

## Chikungunya virus

Flu-like symptoms with high fevers, chills and muscle aches. Other symptoms include severe headaches; a rash on the arms, legs and trunk; and nausea and vomiting. In 80 percent of cases, there is pain and swelling in the small joints of the hands and feet; this can last for weeks or months.

There is no person-to-person transmission  
Developes between three to twelve days after being bitten.

## Zika virus

There is a high level of interest in Zika virus following the rapid spread in the Americas in 2015 and there has also been some cases in the Pacific rim including Tonga and Samoa.

Zika is seen as another disease like Dengue and spread by mosquitos. It cannot be spread from person to person, and no mosquito in New Zealand is capable of transmission. In general the symptoms are mild. If a worker falls unwell within a short period of arrival in New Zealand and is concerned they may have Zika, they should contact a GP or call Health line for advice.

More information is on the Ministry of Health website. Zika virus is notifiable to the Medical Officer of Health in New Zealand.

Diseases can have symptoms which are vague and difficult to diagnose. It is crucial that people therefore visit a doctor early.

# Common skin infections

In previous years skin infections have been an issue among RSE workers.

When skin infections do occur they have the ability to become serious and result in hospitalisations and significant time off work. Initially skin infections can appear minor, and it can lead to a delay in seeing a GP; however this only increases the risk of the infection spreading and becoming more serious and difficult to treat.

People must not work in the horticulture or food industry with uncovered sores.

## Preventing skin infections

Skin infections spread easily between people; however this can be avoided with strict hygiene measures including:

1. Regular hand washing
2. Using individual towels, face cloths and bed linen. Not sharing these items and washing them regularly in a hot wash.
3. Covering sores, changing the covers regularly and disposing of covers hygienically.

## Exclusion from work

Food handlers with lesions on exposed skin (hands, face, neck or scalp) that are actively weeping or discharging must be excluded from work until the lesions have healed.

An infection of the fingernail-bed or a boil on the face or other exposed skin, even if covered with suitable waterproof dressing, will usually be considered grounds for exclusion as a food handler.

In contrast, infected lesions on non-exposed skin, for example: the back of legs, should not exclude workers from food handling duties, however the importance of careful hand hygiene should be emphasised.

Clean wounds must be totally covered with a distinctively-coloured waterproof dressing but there is no need to discontinue food handling.

## Boils

Boils are caused by a staphylococcal infection of the hair follicles and are easily spread (both around the body and also to other individuals).



Figure 1: Boils [www.dermnet.org.nz](http://www.dermnet.org.nz)

## Treatment of boils

1. It is important that the boils are covered with a clean dressing until they are dry and healing.
2. It may be necessary to see a doctor and have a course of antibiotics to treat the problem.

## Impetigo (also known as school sores)

Impetigo is a highly contagious infection that may appear anywhere on normal skin or on an already broken area, such as a scratch or bite. It can be spread by direct contact with discharge from the skin.

## Symptoms

Red, dry sores with a honey-brown crust

Sores may contain pus

There may be several

They can be small or up to 10 or 20 cent coin size.

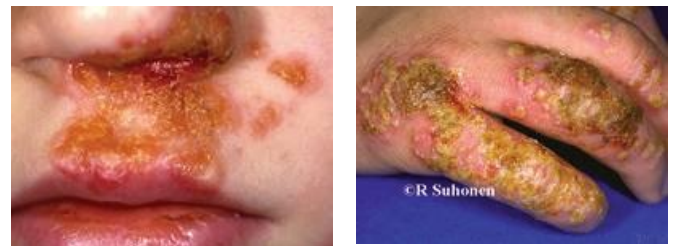


Figure 2: Impetigo [www.dermnet.org.nz](http://www.dermnet.org.nz)

## Treatment for Impetigo

The necessary treatment is available only from a doctor. This involves antibiotic medicine, which must be taken regularly and continued to the end of the course. Bactroban ointment, which is put on the sores, may be prescribed as well. It is also important to see a doctor, as untreated sores can result in serious side effects, such as kidney damage.

All sores should be covered and plasters changed daily.

## Exclusion from work

Depending on site of lesions. If lesions are on exposed skin i.e. hands, face, scalp – exclude from work until healed.

## Scabies

Scabies continue to be a problem in the community. Scabies spread easily to other people. It is spread by close body contact e.g. holding hands, hugging, sharing clothes and bedding as well as sleeping together.

## Symptoms

Itchy rash which is worse at bedtime or when the skin is warm or hot.



Figure 3: Scabies [www.dermnet.org.nz](http://www.dermnet.org.nz)

## Treatment for scabies

Scabies will not go away without treatment.

Every person living in the house and all close contacts must be treated at the same time, even if they are not itching, until the infection is cleared from everyone in the house.

The treatment involves a lotion, which is applied as following:

1. Wash and dry the body thoroughly.
2. The lotion should then be applied from the soles of the feet to the hairline. Careful attention should be paid to the creases in the skin, hands, feet, between fingers and toes, underarms and groin.
3. The lotion is then left on for 8 -14 hours (it is best leaving it on over night).
4. In the morning the cream can be washed off and clean clothes put on.
5. All bedding and clothing must be washed in a hot wash at the same time. If a hot wash is not available, bedding and clothing should be taken to the drycleaners or bundled into plastic bags for 5-7 days. This will kill the bugs.
6. Some lotions require a second bout of treatment a week later.
7. After treatment, itching may continue for up to 4 weeks. If it does not subside after that then the patient should go back to the doctor as another course of treatment may be required.

## Exclusion from work

Depending on site of lesions. If lesions are on exposed skin i.e. hands, face, scalp – exclude from work until healed.

# Important Illness Prevention Measures

## Hand hygiene

Hand washing and drying is one of the best of ways of preventing the spread of all types of bugs. It is important that RSE workers are aware of how to correctly wash hands and when this is necessary.

Hands should always be washed thoroughly in these situations:

- Before handling or working with ready-to-eat produce
- Before and after **food preparation** and between handling raw meat
- Before **eating**
- After handling **rubbish** or **animals**
- After going to the **toilet**
- After **smoking, coughing** or **sneezing**
- After **gardening and agricultural/orchard work**.
- After eating, licking **fingers**, or **biting fingernails**

## How to wash hands

**Step 1:** Clean under each fingernail using running water, soap and a nail brush.

**Step 2:** Wash hands with running water and soap, rubbing vigorously, (front, back, and between fingers) for at least 20 seconds.

It can be hard to judge time, so it is recommended that you develop a habit that will help you measure the required washing time (e.g. try singing twice through the “Happy Birthday” song).

**Step 3:** Dry hands thoroughly (front, back and between fingers) for at least 20 seconds using a paper towel.

# Handwashing Prevents The Spread Of Germs



## Five Finger Technique:



**Step One**  
Palm to palm  
(• = Frequently neglected areas) **Step**



**Two**  
Right palm over left dorsum and left palm over right dorsum



**Step Three**  
Palm to palm fingers interlaced



**Step Four**  
Back of fingers to opposing palms with fingers interlocked



**Step Five**  
Rotational rubbing of right thumb clasped in left palm and vice versa



**Step Six**  
Rotational rubbing backwards and forwards with clasped fingers in left palm and vice versa

# Food Safety

## Why is food safety important?

Food can become contaminated by people who are unwell or who may be carrying bugs without showing symptoms.

## Preparing Food

There are four simple rules to keep you safe – clean, cook, cover, chill.

### Clean

- Always wash hands before handling any food and after touching raw meat
- Keep kitchen surfaces clean by wiping benches and sweeping floors.
- Use hot soapy water to wash knives and utensils and scrub chopping board between preparing raw and cooked food.
- Keep the fridge clean.
- Keep pets away from food and off benches.
- Use different sponges or cloths for the dishes, the bench and the floor.

### Cook

- Defrost frozen foods thoroughly before cooking.
- Minced meat and sausages should be cooked right through (meat should not be pink) and pork and poultry juices should run clear.
- Never leave hot food to cool for more than two hours before putting in the fridge.
- Check the use by dates on packaged food.
- Do not reheat food more than once.

### Cover

- Stored food should always be covered – even in the fridge or cupboard.
- Keep raw meat and poultry covered in the bottom of the fridge and away from ready-to-eat food, fruit and vegetables to avoid meat juice drip.
- When cooking outdoors, ensure all food remains covered and cool until ready to cook or eat.

### Chill

- Ensure the fridge is between 2 and 4° Celsius.
- Keep all perishable food in the fridge until ready to use.
- When picnicking, keep food cool by using a frozen chilly pad.
- Thaw frozen meat in the fridge not on the bench.
- Marinate food in the fridge, not on the bench.
- Never allow food to sit at room temperature for longer than two hours.

### Leftovers

- Eat left overs within two days or throw them out.
- If reheating leftover food, heat it thoroughly until it is steaming hot right through to the middle.

# Spitting And Coughing

## Why are not spitting and covering coughs important?

Spit contains bugs, which can be passed around and diseases can spread. During coughing spit is sprayed over a large distance.

To avoid the spreading of bugs from spitting and coughing there are two key messages:

## Spitting in public places is not appropriate

Spitting puts other people at risk of catching diseases. If there is a need to do this then a tissue should be used to spit in, the person should then dispose of the tissue appropriately and then clean their hands.

## The mouth must be covered when coughing

It is really important to cover the mouth when coughing or sneezing to avoid the spread of bugs. The best way to do this is to use a tissue or the upper part of the sleeves rather than your hand. After coughing hands should always be washed thoroughly.

**Stop the spread of germs that make you and others sick!**

# Cover your Cough



Cover your mouth and nose with a tissue when you cough or sneeze or



cough or sneeze into your upper sleeve, not your hands.

Put your used tissue in the waste basket.



# Clean your Hands

after coughing or sneezing.



Wash hands with soap and warm water for 20 seconds

or



clean with alcohol-based hand cleaner.

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# Smokefree

In New Zealand a great deal of work is progressing to reduce the levels of smoking, to protect children and families. This includes many smoke free places, high cigarette prices and people talking supportively about not smoking.



We know this:

- helps those who smoke to become smokefree (quit)
- helps reduce the chance of relapse
- decrease the chance that people (especially children) will want to start smoking
- makes it easier to be safe
- helps protect children and adults from second hand smoke

It is important that RSE workers coming to Hawkes Bay understand the importance of non smoking signs such as these:



In Hawke's Bay, schools, sports fields, playgrounds, the hospital, public buildings and workplaces are all smokefree. Smoking cannot occur in these areas. [www.health.govt.nz/our-work/regulation-health.../smokefree-law](http://www.health.govt.nz/our-work/regulation-health.../smokefree-law)

## Where can people go to get help to quit?



Nurses and doctors can also help with smoking cessation.

To understand how supporting smokefree lifestyles at the workplace can be great for staff and great for your business, visit the following webpage:

For the four-step (free) guide and resources, check out the Quitline website, and select the page for employers ('helping others quit' tab)

<http://www.quit.org.nz/95/helping-others-quit/employers>

# Eating Well In New Zealand

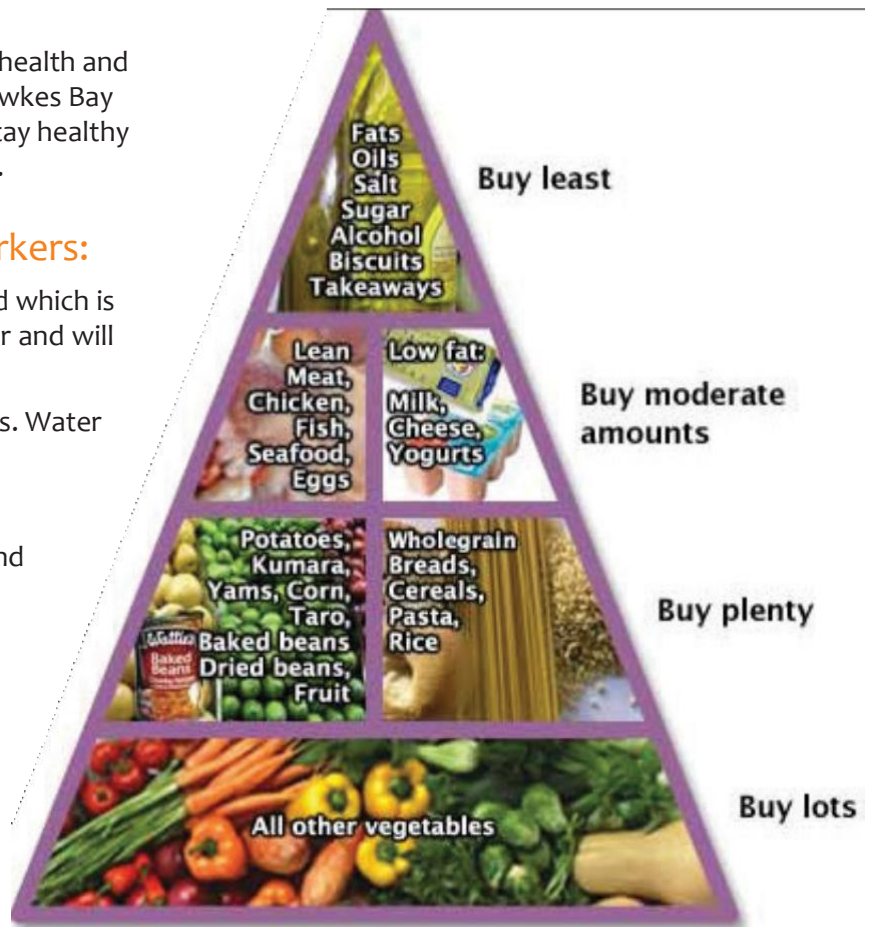
## Why is it important?

An important aspect of maintaining good health and wellbeing is healthy eating. Working in Hawkes Bay orchards is often energy demanding. To stay healthy workers should aim to eat a balanced diet.

## Recommendations for RSE workers:

1. Eat home cooked foods instead of food which is already made ready to eat. It is cheaper and will save money.
2. Water and milk are the healthiest drinks. Water should always be available to workers.
3. Limit fast foods to once a week.
4. Eat a variety of foods including fruits and vegetables.

Employers should ensure that there is constant access to water while working in hot weather conditions to avoid dehydration.



## Sources

[www.5aday.co.nz](http://www.5aday.co.nz)

[www.healthed.govt.nz](http://www.healthed.govt.nz) – 2007 Food For Health Pamphlet in Tongan, Samoan, Fijian, Tokelauan, and Cook Island Maori.



# Safer Sex

## Why is safer sex important?

Sexually transmissible infections (STIs) including genital warts (HPV a virus which can cause cervical cancer in women), gonorrhoea and chlamydia occur at high rates within the Hawke's Bay population.

It is important that RSE workers understand their responsibilities under New Zealand law surrounding sex and protect themselves from diseases and unwanted pregnancies.

## What is safer sex?

- using condoms and water-based lubricants every time
- respecting yourself and your partner

## What are sexually transmissible infections?

STIs are infections which are passed on when having sex. They cause a range of problems including lesions around the genital region, infertility and can even predispose to cancer.

Most of the time people do not know that they have an STI and sometimes it is difficult to tell just by looking

## Symptoms

Pain during sex  
Sores around in the genital area  
Pain with urination  
Discharge

## Preventing STI spread

- Using condoms is the best way to get protection from STIs.
- It is important to have regular sexual health checks or to get a check up if there are symptoms.
- Having sex with only one person at a time and limiting the number of sexual partners reduces the chance of getting an STI.

## Contraception

Contraception will help to prevent pregnancy. It should be used every time.

There are many forms of contraception. A doctor or nurse can discuss the range of options.

## Condoms

Condoms are available from supermarkets, pharmacies and sexual health services. Condoms are also available on prescription from the doctor. We recommend having a place where people can readily access condoms within your premises. Visit the Health Promotion Resource room for stockpiles (see contacts section)

## Emergency Contraceptive Pill (ECP)

The ECP can be taken up to 72 hours after unprotected sex to prevent pregnancy. This means when sex has occurred without using contraception or condoms, or when the condom breaks or slips off. The ECP is available from the doctor, sexual health service or a pharmacy.

## Sex and the Law

In New Zealand it is illegal to:

- have sex with anyone under 16 years of age
- Have sexual contact with a person without the other person's consent
- Photograph or video any sexual activity without the other person's consent
- Have sex with someone if you know you have an STI, unless you take steps to protect them.

Sex between people over 16 is legal when both people agree. A person cannot agree to sex if they are tricked, threatened, drugged or drunk.

## Useful Contacts

[www.justthefacts.co.nz](http://www.justthefacts.co.nz)

# Oral Health

## How can I look after my teeth?

You can look after your teeth by following a simple regular routine by:

### Cleaning your teeth



### Tips for healthy teeth

Be smokefree

Brush twice a day

Use fluoride toothpaste

Drink water or milk

Visit a dentist every year

Limit sugary foods

### Cut down on sugary foods and drinks



### How can I access a dentist?

RSE workers can access a Dentist by making an appointment. Refer to list in local phone book.

### Go for a dental check-up

Visiting a dentist regularly means that any problems will be caught early, so they will be easier to treat.



# Alcohol

In NZ the advice to reduce health risk and injury is that

- Men should drink no more than three standard drinks a day
- Women should drink no more than two standard drinks a day
- We should all aim for at least 2 alcohol free days a week

## A standard drink is

100ml  
of wine



300ml  
can of beer



30ml  
spirits



How many standard drinks are in my drink?

<http://www.alac.org.nz/alcohol-you/whats-standard-drink/guide-standard-drinks>

## Is your drinking ok?

What sort of drinker are you? See Drink Check pamphlet or <http://www.alac.org.nz/alcohol-you/your-drinking-okay>

## What are the risks of drinking too much in one session?

Drinking too much at one time is called “binge drinking” and may have an impact on your health. To understand how alcohol affects your body? <http://www.alac.org.nz/alcohol-you/your-body-alcohol/body-effects>

## The health effects of alcohol

Alcohol can be the source of many types of injuries and health risks. Alcohol can be the cause of road traffic accidents, workplace injuries, falls and assaults. As blood alcohol levels rise the brain’s thought processes slow down and reduces the coordination of muscles. The risk of injury in the six hours after drinking doubles with four standard drinks and increases rapidly the more alcohol is drunk on a single occasion.

### Brain and nervous system

Being drunk impairs judgement, reduces inhibitions, concentration and memory. In large amounts leads to drowsiness and blackouts or coma.

### Mental health

Alcohol does not help with stress or tension instead alcohol may increase stress by stimulating stress hormones. Alcohol is a depressant and can make people feel sad, aggressive and have mood swings.

### Sexual health

Being drunk increases the chances of having unsafe sex (without a condom), having sex that is later regretted or experiencing sexual assault. These factors are also likely to increase the risk of getting a sexually transmitted infection.

### Hangover

A hangover can occur in anyone after a single episode of heavy alcohol use. Symptoms include headache, nausea, vomiting, sweating, fatigue, shakiness, sensitivity to light, and irritability.

## TIPS FOR HANDLING ALCOHOL BETTER

There are a number of things you can do to make sure you stay safe and in control of your drinking.

- **Eat** make sure you eat a substantial meal prior to drinking or drink with a meal. Alcohol is absorbed more slowly than if you drink on an empty stomach. Provide snacks and encourage friends to eat with alcohol.
- **Plan ahead**
  - o organise a sober driver
  - o arrange where you will sleep
  - o limit the amount of money you take beforehand-can you really afford to spend half your income in one night?
- **Drink water** Have a non alcoholic drink in between to reduce the dehydrating effects of alcohol.
- Know what a standard drink is
- Keep track of how much you drink – daily and weekly
- Set limits for yourself and stick to them
- Drink slowly
- Try drinks with a lower alcohol content
- **Never drink and drive**

### DO NOT DRINK if you

- are on medication that interacts with alcohol
- have consumed drugs eg kava, marijuana
- have a condition that could be made worse by drinking alcohol
- are pregnant or planning to get pregnant
- feel unwell, depressed, tired or cold, as alcohol could make things worse
- are about to operate machinery or a vehicle or do anything that is risky or requires skill

# Drugs

Drugs like alcohol have an effect on the central nervous system and change the way you feel and act.

**Cannabis** is the most common illegal drug used in New Zealand. It is made from shredded flowers and leaves of a plant known as *Cannabis sativa*, and is known as ‘cannabis’, ‘dope’, ‘grass’, ‘hooch’, ‘mary jane’, ‘pot’, ‘wacky backy’ and ‘weed’. It is usually smoked, but it can also be made into a resin or oil called ‘hash’.

The effects of cannabis on a user depends on the way it is used; how much is used, how strong it is, what other drugs are used as well, the setting, the person’s physical health and the mental health or “mood” at the time of use.

## Effects of Cannabis

Cannabis is a depressant, and people who use it often feel stoned or ‘out of it’ when they are using. Although it is classed a depressant, using cannabis does not mean the user will get depressed — just that it has a mellowing effect on the user. They can also feel very happy, relaxed or uninhibited. However, not everyone has such a positive experience when using cannabis. Some people may feel anxious, self-conscious or have paranoid thoughts.

People using cannabis may experience the following:

- Feel unusually well and happy
- Do or say things they normally wouldn’t
- Feel hungry
- Find it hard to concentrate
- Talk or laugh more than usual
- Have red eyes
- Slow down or feel sleepy
- Feel distant or separate from reality
- Feel anxious or panicky
- Feel confused and see or hear things
- Feel unmotivated

## Alcohol and Drugs and your work

Whilst working in NZ you are not allowed to take drugs. Alcohol misuse is taken seriously and can impact negatively on your ability to work. It is unsafe to operate machinery whilst under the influence of alcohol and drugs. Employers may have an alcohol and drug policy and sometimes if there is a health and safety risk employees may be tested. It is also important that you know how drugs and misuse of alcohol can affect your work. Your work productivity may be affected –it can slow down the speed of your work, how well you work, you may take days off and be unreliable and late more often.

### Drugs and Alcohol

The legal age for drinking alcohol in New Zealand is 18 years and older. Some towns have rules which stop you drinking alcohol in public areas such as parks, gardens and public car parks. Drugs and alcohol are not permitted in most workplaces. You should never be in possession of illegal drugs, substances or associated items. Such behaviour will be dealt with by your employer’s disciplinary procedure and may lead to dismissal without any warning.

# Contacts

## Health line 0800 611 116

In situations where health advice is required please ring the Health line.

Health line is a free service open 24 hours a day 7 days a week. Experienced nurses will be able to help you with your questions.

Interpreter services are available.

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## Interpreting service when visiting the doctor and hospital

Workers should be supported to use interpreting services.

The hospital has services available for interpreters from over 30 different countries. These interpreters are always on call and can be used at any time for any reason. Interpreting can take place in person or over the phone.

### Booking an interpreter

Interpreting services can be booked by anyone including you. Ring the hospital on **06 8788109** and ask to be put through to Interpreting Services or to an interpreter for the language required.

For a booked GP appointment:

- Inform the receptionist that an interpreter will be required.
- The receptionist can organise an interpreter to **come to the appointment or be available over the phone** through the hospital interpreting services.

For an on the spot GP appointment:

- Inform the receptionist that an interpreter will be required.
- The receptionist can organise an interpreter to be available over the phone through the hospital.

### Paying for interpreting services

**The patient will be required to pay for the interpreter at the appointment; however they can then be reimbursed by their medical insurance.**

For more information including interpreter rates go to

[http://www.hawkesbay.health.nz/page/pageid/2145869744/Interpreting\\_Service](http://www.hawkesbay.health.nz/page/pageid/2145869744/Interpreting_Service)

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## Resources

Health promotion resources are available on the ground floor of Napier Health on Wellesley Road. The room is open for the public's use from 7.30am-4.30pm.

Posters, stickers and pamphlets cover a huge range of topics from infectious diseases to hand washing. Supplies of condoms can also be arranged. **All resources are free.**

For any queries contact Wendi Wolfen-Duvall at 06 834 1815 ext 4162 or email [wendi.wolfen-duvall@hawkesbaydhb.govt.nz](mailto:wendi.wolfen-duvall@hawkesbaydhb.govt.nz).

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## Ministry of Health Resources

Resources can also be viewed on the Ministry of Health website Healthed. The [www.healthed.govt.nz](http://www.healthed.govt.nz)

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## Ministry for Primary Industry Sickness Policy Template

[www.foodsafety.govt.nz/industry/sectors/food-service/documents.htm](http://www.foodsafety.govt.nz/industry/sectors/food-service/documents.htm)

All food businesses should have a sickness policy which they go by when one of their workers are ill. A copy of the policy should be provided to all workers.

The Ministry for Primary Industry has produced a sickness policy template that can be adapted by any business to suit their needs. It contains clear information about exclusion periods from work when workers are sick.

Injury prevention visit: [www.acc.co.nz/preventing-injuries/index.htm](http://www.acc.co.nz/preventing-injuries/index.htm)

# Where to get help in Hawke's Bay

GENERAL HEALTH - 24/7 phone line on all health issues.

**0800 611 116**

Enrol with a GP

<http://www.ourhealthhb.nz/your-health/find-a-family-doctor-or-gp/>

HEALTH EDUCATION

**www.healthed.govt.nz**

QUITLINE

**0800 778 778 www.quit.org.nz**

MENTAL HEALTH

HAWKE'S BAY COMMUNITY MENTAL HEALTH

**06 878 8109**

HAWKE'S BAY EMERGENCY MENTAL HEALTH SERVICES

**0800 112 334**

NATIONAL HELP LINES

**www.depression.org.nz**

LIFELINE **0800 543 354**

ALCOHOL AND DRUG HELPLINE

**0800 787 797**

**www.alcoholdrughelp.org.nz**

Disease/ Infection	This disease is spread by...	Time between exposure and sickness	Early signs	How long is the person infectious	Exclusion of the person from work etc
Influenza	Coughing and sneezing and direct contact with respiratory droplets	1-4 days	Sudden onset of fever with cough, sore throat, muscular aches and headaches	From 1 day before, up to 7 days after illness onset	Until free of symptoms for 48 hours
Meningitis (Meningococcal)	Close physical contact, such as kissing. Sleeping in the same room.	2-10 days usually 3-4 days	Generally unwell, fever, headache, vomiting, sometimes a rash. <b>Urgent treatment is required!</b>	For 24 hours after antibiotics are started.	Until well enough to return
Salmonella	Undercooked food (e.g. chicken and meat); food/water contaminated with faeces from infected person or animal; direct spread from infected person or animal.	6-72 hours, usually 12-36 hours.	Stomach pain, nausea, fever and diarrhoea.	Until well, and possibly weeks or months after.	Until 2 consecutive negative faecal specimens (taken 48 hours apart) have been confirmed
Scabies	Direct skin contact with the infected person, and sharing sheets and clothing.	Days-weeks	Itchy rash in places such as forearm, around waist, between fingers and buttocks and under armpits.	Until 24 hours after treatment is started.	Depending on site of wounds. Hands, face scalp – until healed. Non exposed skin – Cleaned and covered
Whooping cough (pertussis)	Coughing. Adults and older children may pass on the infection to babies.	5-21 days, usually 7-10 days	Running nose, persistent cough followed by “whoop”, vomiting or breathlessness	From runny nose stage and for 3 weeks after onset of cough if not treated with antibiotics, or until 5 days of antibiotic treatment.	21 days from onset of coughing or after 5 days of antibiotics.
Campylobacter	Undercooked food (e.g. chicken and meat) food/water contaminated with faeces from infected person or animal. Direct spread from infected person or animal.	1-10 days, usually 2-5 days	Stomach pain, fever and diarrhoea.	Until well, and possibly several weeks after.	Until 2 consecutive negative faecal specimens (taken 48 hours apart) have been confirmed.
Cryptosporidium & Giardia	Food or water contaminated with faeces from infected person or animal. Direct spread from infected person or animal.	<b>Cryptosporidium</b> 1-12 days average about 7 days <b>Giardia</b> 3-25 days, usually about 7-10 days.	Stomach pain and diarrhoea	Until well, and possibly several weeks after. Giardia can be cleared by medication.	Exclude from work until well and without diarrhoea for a period of 48 hours
Gastroenteritis (viral)	Food or water contaminated with faeces from infected person or animal. Direct spread from infected person.	1-3 days	Vomiting, diarrhoea and fever	While vomiting and diarrhoea last, and up to 8 days after illness starts.	Until well without diarrhoea for a period of 24 hours.
Hepatitis A	Food or water contaminated with faeces from infected person. Direct spread from infected person.	15-50 days, usually 2-3 months	Nausea, stomach pains general sickness. Jaundice a few days later.	From about 2 weeks before signs appear until 1 week after jaundice starts.	Until cleared by the Medical Officer of Health.
Hepatitis B	Close physical contact with blood or body fluids of an infected person.	6 weeks-6 months, usually 2-3 months.	Similar to Hepatitis A	Blood and body fluids may be infectious several weeks before signs appear, until weeks or months later. A few people are infectious for years.	Until well.
Impetigo (school sores)	Direct contact with discharge from infected skin.	Usually a few days, variable	Scabby sores on exposed parts of body	Until 24 hours after treatment with antibiotics has started or until sores are healed	As with scabies

01 February 2016

## Information for employers under the Recognised Seasonal Employer (RSE) scheme

The Ministry of Business, Innovation and Employment, the Ministry of Health, the Ministry for Primary Industries and Horticulture New Zealand are reminding horticulture and viticulture businesses of the importance of ensuring food safety controls associated with pickers and food handlers during picking and post-harvest handling of produce.

In December 2015, a confirmed case of typhoid fever in a horticultural worker was identified. In addition, three other workers were found to be carriers of *Salmonella* Typhi. The four individuals were seasonal workers from overseas. To prevent any risk to produce, all four workers have been given duties where they do not come into contact with produce or post-harvest handling areas for produce.

Typhoid fever is caused by bacteria, *Salmonella* Typhi (more recently referred to as *S. enterica* subspecies *enterica* serovar Typhi). Symptoms usually develop one to three weeks after exposure (but it could be three days to over 60 days), and may be mild or severe. They include high fever, tiredness, headache, constipation or diarrhoea, sometimes rose-coloured spots on the chest, and an enlarged spleen and liver. Healthy carrier state may follow acute illness.

Carriers do not show symptoms (this is known as asymptomatic), but the bacteria are found in their faeces (poo/stools).

*Salmonella* Typhi infection has a high incidence in some areas of the world, including parts of the Pacific. This is not a new risk, and Good Agricultural Practices (GAP) that are in place are designed to manage this risk. However, the identification of the four workers provides a timely reminder of the importance of these controls for *Salmonella* Typhi and other foodborne diseases.

Various diseases can be transmitted by food (including fresh produce). They spread by the faecal-oral route. For example, if an unwell person or a carrier goes to the toilet, doesn't wash their hands thoroughly and then handles food, those who eat that food may become infected. Therefore, constant hygiene and disease awareness among all workers in contact with food is crucial.

### Reminder of GAPs that manage unwell workers:

- Food safety standards for produce handling are covered off in industry standards, including GLOBALG.A.P. and NZGAP.

All orchards, farms and packhouses should have in place food safety controls associated with pickers and food handlers during picking and further post-harvest handling of produce. The controls include:

- Workers should inform their supervisor of any relevant infections or conditions. This includes any signs of illness (e.g. diarrhoea, nausea, vomiting, fever or jaundice, in particular), whereby these workers shall be restricted from direct contact with the product, and with food-contact surfaces.
- Any workers with fever or gastro-intestinal symptoms (diarrhoea, nausea or vomiting in particular) or jaundice, should be excluded from working in direct contact with food and be referred to a doctor. The doctor will advise on the required timeframe for excluding workers from contact with produce or post-harvest handling areas. If a foodborne disease is suspected by the doctor, contact should be made with your local Public Health Unit for further advice (see: <http://www.health.govt.nz/new-zealand-health-system/key-health-sector-organisations-and-people/public-health-units/public-health-unit-contacts>).



- If they don't consult a doctor (if they have low level symptoms expected to spontaneously resolve), these unwell workers can be given duties where they do not come in contact with food (including produce) or any food contact surfaces until 48 hours after their symptoms are gone. It is vitally important that any unwell worker understands the need for careful handwashing and good hygiene, and that toilet facilities are kept clean to help ensure other workers do not become ill.
- Workers should receive training on the importance of handwashing after going to the toilet, and before handling food, including produce. Workers coming in contact with food, including produce, should wash hands at regular intervals during the day. They should also know who to report to if they feel unwell, and be reassured that they will not lose employment as a result of illness.
- This training should occur prior to starting work and should be repeated during the season.
- All workers should have access to clean toilets and handwashing facilities, including adequate toilet paper, soap and paper towels. Workers must have access to toilets near their work sites and accommodation areas.
- Supervisors should check that appropriate handwashing equipment and clean toilets are available and that handwashing is occurring as required:
  1. All workers (even those not in contact with food) should wash their hands after going to the toilet.
  2. Workers should wash their hands before touching the produce, prior to the start of work, after smoking or eating, after breaks, before returning to work, after handling any material that may be contaminated, at any other time when their hands may have become a source of contamination, and at regular intervals.

**The implication of having an unwell worker coming in contact with food (including produce) is significant. To prevent foodborne illness and implications for the produce you sell, it is of vital importance that the above controls are put in place.**

For information on Good Agricultural Practices, please see sections C 6.2 and D 4.2 of the New Zealand GAP manual, version 5.0; and to discuss any control measures please **contact** the Chairperson of your Regional Labour Governance Group, or **contact** Jerf Van Beek of Horticulture New Zealand at 06 879 9708

For information on the RSE scheme please **contact the Ministry of Business, Innovation and Employment:**

North Island  
 Tony Jensen, RSE Relationship Manager  
 DDI +6469755550  
 Cell +64274410712

South Island  
 Pip Jamieson, RSE Relationship Manager  
 DDI +64 39892956  
 Cell +64 272310028

Pacific  
 Lafaele Lupo, Pacific RSE Relationship Manager  
 DDI +6448965255  
 Cell +64272340059

For information on typhoid fever, please **call the Ministry of Health: 0800 855 066.**

For information on food safety controls, please **call the Ministry for Primary Industries: 0800 00 83 33.**