



January / Hanuere 2022

## Public Health Bulletin

Teena koutou katoa and ngaa mihi o te tau hou Paakehaa. We hope you enjoy the latest edition of the Public Health Bulletin.

### Information for people who have had COVID-19 infections

People who have had COVID-19 infections may have persistent positive results on PCR tests for months afterwards. During this time, those people who have been released from isolation after their COVID-19 infection should be able to access healthcare without the need for a negative COVID-19 test.

People who have had COVID-19 can get vaccinated. The Ministry of Health has recommended that COVID-19 vaccination is given from 4 weeks after recovery, or 4 weeks from the first confirmed positive PCR test if asymptomatic, and when cleared to leave isolation.

The Public Health Unit does not administer applications for vaccination exemptions. People who have had COVID-19 and who need to wait until they can get vaccinated can apply for a temporary vaccination exemption certificate. Further information is available here: <https://www.health.govt.nz/our-work/diseases-and-conditions/covid-19-novel-coronavirus/covid-19-response-planning/covid-19-mandatory-vaccinations/covid-19-exemptions-mandatory-vaccination#temp-exempt>

### COVID-19 Testing

Anyone with cold, flu or COVID-19 symptoms are being advised to call Healthline, their GP or iwi health provider for guidance on whether they should get a COVID-19 test. The latest guidelines for who should get a test were revised on the 16 December 2021 are available [here](#).

For a full list of testing sites, please check [www.waikatodhb.health.nz/cbac](http://www.waikatodhb.health.nz/cbac) or the DHB facebook page [www.facebook.com/WaikatoDHB](https://www.facebook.com/WaikatoDHB). Thank you to those practices across the Waikato who continue to also conduct testing. For a full list of these locations and community testing centres, go to <https://www.healthpoint.co.nz/covid-19/waikato/>.

If you become unwell or have been exposed to a COVID-19 case while on holiday away from home, contact Healthline (0800 611 116) or check the Healthpoint website for advice on whether you should be tested. If you are advised to get a test, please do

so as soon as possible and do not wait until you get home to get tested.

From 15 December to 31 January 2022, people who have not been vaccinated who travel will need to have a negative test within 72 hours of travel. A rapid antigen test is strongly recommended over a PCR test. This type of test is only available for unvaccinated people, with no symptoms, aged over 12 years and 3 months and is free over the summer period until 31 January 2022. Testing locations, including participating community pharmacies, is available on the Healthpoint website.

<https://www.healthpoint.co.nz/covid-19/waikato/>

### Vaccinations update

People aged 18 and over can now get a vaccine booster 4 months after their second dose.

From 17 January 2022, tamariki aged 5 to 11 can be vaccinated at a walk-in clinic or their usual health provider, hauora or general practice. The children's Pfizer vaccine has a lower dose and smaller volume, and has been shown to be safe and had few side effects.

### Looking after mental health during COVID-19

COVID-19 has changed our daily lives and posed major stresses and challenges on mental health. It is important for us to look after our mental health and those of our whaanau and community. Some free resources are listed here:

<https://mentalhealth.org.nz/helplines>

### Alcohol Update

It has been a busy period for the Public Health Unit for assessing alcohol licence applications and participating in some hearings. The Sale and Supply of Alcohol Act 2012 has a close down period for processing of licence applications from 20 December to 15 January which gives the Public Health Unit time to monitor the summer festivals within the region.

In November, a total of 98 applications were received: 22 of these were new licences, 37 special licenses, 38 renewals, and one variation to an existing licence.

## Notifiable diseases – December 2021 compared to December 2020 (Waikato DHB)

Notifiable diseases (Waikato DHB) - Period: December 2020 to December 2021

<sup>1</sup>Number of cases. Source: Waikato DHB.

<sup>2</sup>Waikato YTD count as a proportion of national data.

Disease name	Waikato <sup>1</sup>			YTD		
	2020	2021	Change 2020-2021	Waikato	National	% <sup>2</sup>
Botulism	0	0	0 -	0	1	0
Brucellosis	0	0	0 -	0	1	0
Campylobacteriosis	81	64	-17 ▼	571	5,738	10
COVID-19	1	253	252 ▲	732	12,036	6
Cryptosporidiosis	0	3	3 ▲	116	702	17
Decompression sickness	0	0	0 -	0	3	0
Dengue fever	0	0	0 -	1	7	14
Diarrhoeic shellfish poisoning	0	0	0 -	0	2	0
Diphtheria	0	0	0 -	0	0	-
Gastroenteritis - unknown cause	0	0	0 -	2	172	1
Gastroenteritis / foodborne intoxication	0	1	1 ▲	17	87	20
Giardiasis	9	9	0 -	131	1,045	13
Haemophilus influenzae type b	0	0	0 -	1	5	20
Hepatitis A	0	0	0 -	1	11	9
Hepatitis B	0	2	2 ▲	3	21	14
Hepatitis C	0	0	0 -	1	43	2
Hepatitis NOS	0	0	0 -	4	9	44
Hydatid disease	0	0	0 -	0	2	0
Invasive pneumococcal disease	5	7	2 ▲	46	472	10
Latent tuberculosis infection	1	0	-1 ▼	6	151	4
Lead Poisoning	2	4	2 ▲	25	415	6
Legionellosis	0	4	4 ▲	13	187	7
Leprosy	0	0	0 -	0	5	0
Leptospirosis	3	3	0 -	16	93	17
Listeriosis	0	1	1 ▲	2	28	7
Listeriosis - perinatal	0	0	0 -	1	4	25
Malaria	0	0	0 -	0	8	0
Measles	0	0	0 -	0	1	0
Meningococcal disease	0	0	0 -	3	44	7
Mumps	0	1	1 ▲	1	4	25
Murine Typhus	0	0	0 -	1	1	100
Paratyphoid Fever	0	0	0 -	0	2	0
Pertussis	0	0	0 -	4	53	8
Q fever	0	1	1 ▲	1	1	100
Rheumatic fever - initial attack	0	1	1 ▲	11	83	13
Rheumatic fever - recurrent attack	1	0	-1 ▼	1	7	14
Rickettsial disease	0	0	0 -	0	2	0
Ross River virus infection	0	0	0 -	0	1	0
Salmonellosis	11	4	-7 ▼	72	714	10
Shigellosis	0	0	0 -	0	10	0
Taeniasis	0	0	0 -	0	1	0
Tetanus	0	0	0 -	0	1	0
Toxic shellfish poisoning	0	0	0 -	0	2	0
Tuberculosis disease - new case	5	5	0 -	28	314	9
Tuberculosis disease - relapse or reactivation	0	0	0 -	0	9	0
Tuberculosis infection - on preventive treatment	0	0	0 -	0	9	0
Typhoid fever	0	0	0 -	0	3	0
VTEC/STEC infection	4	10	6 ▲	102	945	11
Yersiniosis	10	15	5 ▲	115	1,412	8

<sup>1</sup>Number of cases. Source: Waikato DHB.

<sup>2</sup>Waikato Year to Date (YTD) count as a proportion of national data.

**Medical Officers of Health:** Felicity Dumble – Richard Wall – Richard Vipond – Richard Hoskins

**After hours:**

**MooH:** 021 359 650

**HPO:** 021 999 521

If there is no answer, please contact Waikato Hospital's switchboard 07 839 8899 and ask for the on-call MOoH.

**During office hours:**

**Population Health (MOoH or HPO):** (07) 838 2569

**Notifications:** 07 838 2569 ext.22041 or 22020

**Notifications outside Hamilton:** 0800 800 977

**Fax:** 07 838 2382

**Email:** [notifiablediseases@waikatohealth.nz](mailto:notifiablediseases@waikatohealth.nz)

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