

## SCHOOL'S OUT FOR WINTER..

For Primary, Intermediate and Secondary schools

Term 2 ends Friday 8 July

Term 3 begins Monday 25 July

## Aroha to Reo MAORI LANGUAGE WEEK

21 - 27 July 2016



# July

Dry July encourages people to give up alcohol for the month of July and raise funds for cancer patients and their families and carers.

### How it all works



alcohol drug  
**HELPLINE**  
0800 787 797

### Effects of Alcohol on your body

- Brain
- Heart
- Liver
- Pancreas
- Stomach/food pipeline
- Sexual health

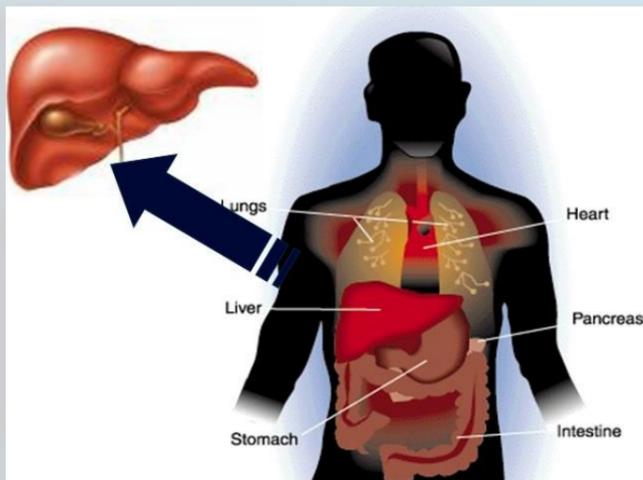
### Facts to think about:

- \$85 million per week is spent on alcohol
- A third of the population think it's ok to get drunk
- Approx. 600-1,000 people die annually from alcohol related causes
- 1.37 million people drink alcohol at least weekly in NZ

### Sign up to the challenge and you could experience:

- Weight loss
- Clearer head
- Clearer skin
- Feel healthier
- Increased energy
- No more hangovers
- Healthier bank balance
- Sense of achievement
- Sleep better
- New approach to alcohol
- Helping a great cause
- And so much more...

### How does your liver work?



- Largest internal organ in the body
- Has over 500 functions
- Everything you INGEST, INHALE and TOUCH goes through the liver to be processed

### 3 main causes of liver disease

1. Alcohol
2. Fatty liver
3. Viral Hepatitis (A, B and C)

### Signs and Symptoms of liver disease

- Fatigue
- Loss of appetite
- Nausea
- Swollen abdomen
- Itchy skin
- Jaundice



Visit your doctor for a routine blood test.  
A small price to pay to maintain your health

By the time these symptoms start, you will already have advanced liver damage



### Keeping your liver healthy

- Stick to recommended drinking guidelines
- Watch your diet and exercise regularly
- Use a condom when you have sex
- Don't share equipment could contain blood/bodily fluids
- Get vaccinated against Hepatitis A and B
- Protect skin and lungs from toxic substances

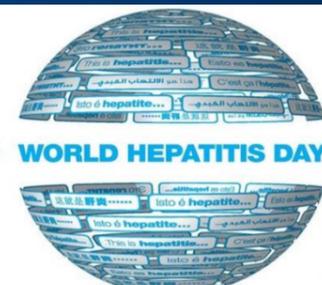


## Working for women past, present and future

Our purpose is to liberate women, children, families and whanau from family violence

This is hepatitis... Know it. Confront it.

July 28



1 in 12 people in the world is infected with either hepatitis B or hepatitis C.  
It's time to act!

### Signs and Symptoms:

- Entry wound which is scorched or charred
- Large exit wounds (usually hidden and in feet)
- Dazed/confused
- Often unconscious
- Respiratory/cardiac arrest
- Signs and symptoms of shock
- Fractures

## ELECTRIC SHOCK

### Can Cause:

- Fractures
- Respiratory muscle spasms
- Burns
- Dangerous heart rhythms

### Action:

- Identify yourself and ISOLATE the source
- Maintain/monitor ABC's
- Keep patient and still – be aware of possible spinal/neck injuries
- Treat any burns
- Call an Ambulance – even if the patient appears well