



## Pelorus Area Health Trust

**Kia Ora, essential health information  
for while you are in lockdown**

*Fostering Health & Well-being within the Pelorus Area  
Local Solutions for Local Problems*

### Message from Havelock Medical Centre

At this stage Havelock Medical Centre will be maintaining its regular hours of operation with the pre-screening process still in place. Our direction from the Ministry of Health is to reduce traffic (where possible) through general practices for the forthcoming weeks and we will do this via the medium of telephone consults. Due to this requirement for limited face to face contact, we will not have a GP present at the Havelock site but both Christina (nurse) and Yvonne (reception) will be based at the centre. We will have a GP at Springlands that will be 100 % dedicated to phone consults for Havelock on its operational days and should any patients require a face to face consult this will be provided if it is deemed safe for both parties to do so, either with a nurse at Havelock or a GP in Blenheim. Anyone that presents and is deemed to meet the criteria for testing will be directed to the CBAC centre at Horton Park in Blenheim – there will no COVID-19 swab tests carried out in Havelock and any patients that are presenting as unwell and with symptoms will be redirected to the emergency department at Wairau.

### PAHT Information

There will be no Medlab for blood tests in Havelock throughout the lockdown  
Save the pages from the newspapers that have up to date information and phone numbers:  
Covid19 Healthline 0800 358 5453- if you feel unwell  
[www.Covid19.govt.nz](http://www.Covid19.govt.nz) – government website with everything you need to know, including your mental health during lockdown  
<https://www.nmdhb.govt.nz/quicklinks/about-us/emergency-management-and-planning/covid-19/> - local health information website  
<https://www.marlborough.govt.nz/civil-defence-emergency-management/covid-19-novel-coronavirus> - Marlborough Council info during lockdown  
[www.police.govt.nz/105support](http://www.police.govt.nz/105support) - online form for reporting breaches of lockdown

**Don't forget to get your flu jab- ASAP**

We still have our medical aids available for loan, including wheelchairs, walkers, shower stools, commodes etc

**Call: 0221054672**

If we can help any other way, please let us know

**Email: [secretary@pelorusareahealthtrust.co.nz](mailto:secretary@pelorusareahealthtrust.co.nz)**

Remember to make contact with your neighbours by phone, or mailbox, or over the fence.

**BE KIND. -STAY SAFE - STAY HOME**

**Ahakoia te momo mate  
whakanuia tangata**

**Regardless of illness  
everyone is valued**