

Health Toolkit

for the RSE Workers Scheme



Prepared by:
Hawke's Bay District Health Board



HAWKE'S BAY
District Health Board
Whakawateatia



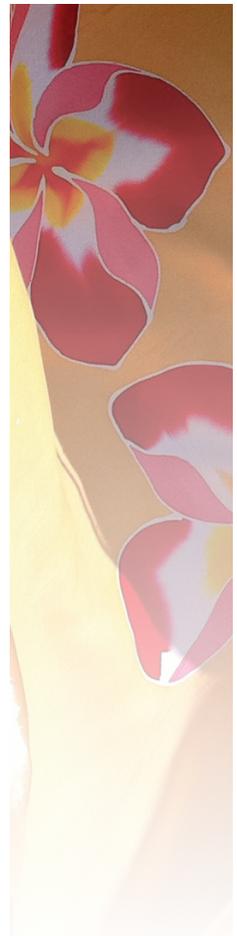
POSITIVE SEXUAL HEALTH

Family Planning

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

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This booklet can help to:

- Identify conditions early that may need medical attention
- Suggest ways of preventing potentially avoidable conditions
- Identify groups and resources where help can be found.
- Explain when health issues will prevent you from working with food/produce in New Zealand

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

Visit the doctor early

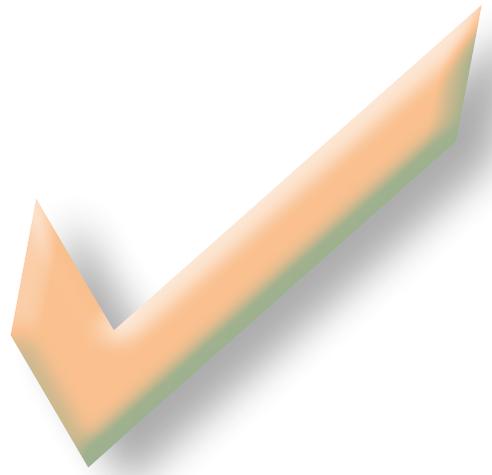
There are many reasons why people avoid visiting the doctor.

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.

A doctor should be seen initially for faecal (poo) testing after a food handler has been ill with an episode of vomiting or two or more episodes of diarrhoea. It is important to know what is causing the illness.

Please support RSE workers to visit a doctor early!

Check List for Employers



Workers are aware of the importance of:

- Hand washing
- Food safety
- Sun safety
- Not spitting
- Drinking and eating sufficient water and food
- Where they can go to buy cheap fruit and vegetables and groceries that they are used to using.
- Visiting the doctor and how to book an appointment
- 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

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.

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

Hospital - ~\$300 and wait for 2 hours

GP - ~ \$45 and wait for 30 minutes.

Health Promotion Resource Room

This is housed on the ground floor of the Napier Health Centre on Wellesley Road. The room is open for the public's use from 7.30-4.30 (closed for lunch from 12.30-1.30).

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.

Ministry of Health Resources

Resources can also be viewed on the Ministry of Health website Healthed. The www.healthed.govt.nz

Ministry for Primary Industry Sickness Policy Template

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.

<http://www.foodsafety.govt.nz/industry/sectors/food-service/documents.htm>

Influenza

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 influenza vaccine is the best way of protecting people from the disease.

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.**

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 at risk of spreading the disease by contaminating food with dirty hands.

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.

How long is the person infectious for?

The person is infectious while vomiting and diarrhoea last, and up until 8 days after illness starts.

Exclusion period from work

Viral – Exclude from work until well and without diarrhoea for a period of 48 hours
Salmonella and Campylobacter- Exclude from work until consecutive negative faecal specimens (taken 48 hours apart) have been confirmed.

This is extremely important for any ready-to-eat produce as they will still be shedding large numbers of bacteria or viruses and may contaminate the produce causing further outbreaks of illness. A high level of hand hygiene will also be required for several weeks after illness as well.

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).

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.

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 workers to return to work with fresh ready-to-eat produce until they are free of symptoms for 48 hours.
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.**

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 3 weeks and does not respond to normal treatment

Coughing up blood.

Fever

Heavy sweating at night

Weight loss

Fatigue

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

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.

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

Typhoid Fever

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.

Symptoms

Symptoms can vary from no symptoms at all to very severe.

Symptoms normally appear between 7 and 14 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.

Treatment

Antibiotics must be started immediately. It is important to take the full course. Drinking plenty of fluid 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 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.

When to see the doctor?

People with the above symptoms should see the doctor immediately.

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

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.

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 be tempting to delay medical attention; 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, eg: the back or legs, are not an impediment to food handling duties, however the importance of meticulous 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

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: Scabies 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

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.

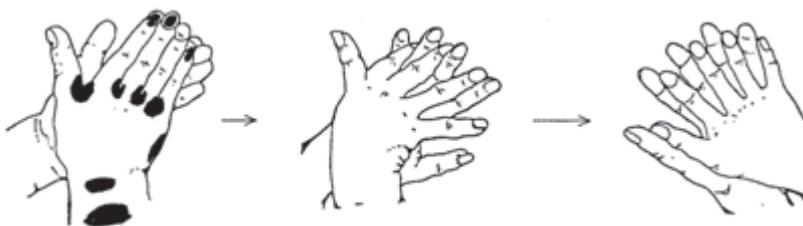
It can be hard to judge time, so it is recommended that you develop a habit that will help you measure the required washing time (e.g. try singing twice through the “Happy Birthday” song).

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.

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.

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 20 and 40 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.



Smokefree

New Zealand will be Smokefree by 2025. <http://smokefree.org.nz/smokefree-2025>

In New Zealand a great deal of work is progressing to reduce the levels of smoking, and 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

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>

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 Recourse 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

- Sexual Health Services: 834 1815 ext 4240 or 027 703 7391
- Sexual Assault Services: 027 434 1052
- Directions Youth Health Centre (for under 24 years): 871 5307

Family Planning Pamphlets:

(order from www.familyplanning.org.nz):
Youth Pamphlets: STI's, Contraception, ECP, Condoms,
Testing – your guide to STI testing

Family Planning Posters: Pacifica poster. "One time without a condom could turn your life upside down"; Tiakina tou whakapapa – positive sexual health

Flyers: Sexual Health Services – Hawke's Bay DHB; Directions Youth Health Centre

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 meet these demands with food that is sustaining while being low in sugar and fat.

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

<http://www.5aday.co.nz>

www.healthed.govt.nz – 2007 Food For Health Pamphlet in Tongan, Samoan, Fijian, Tokelauan, and Cook Island Maori – see below

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. Urgent treatment is required!	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.	Cryptosporidium 1-12 days average about 7 days Giardia 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