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Health Education Resources **Catalogue**



**Ministry of Health**  
**Manatū Hauora**

Health Education  
Resources **Catalogue**

**February 2010**

Resources free; some restrictions may apply

# The Ministry of Health Manatū Hauora Health Education Resources

## **Keeping the public informed**

The health education resources provide high-quality, easily understood information on a variety of health topics, with a focus on public health. The intended audience includes members of the public, health workers, schools and other organisations.

## **The print and online catalogues**

Printed catalogues of the health education resources are produced usually twice yearly. The health education resources are also listed online at [www.healthed.govt.nz](http://www.healthed.govt.nz)

You can view or download PDF files of most of the resources on the HealthEd website. Rate the resources, post a comment, or offer your feedback. You can also place your resource orders from the site.

Additional information on policy advice and research relating to health and disability can be found on the Ministry of Health's main website, [www.moh.govt.nz](http://www.moh.govt.nz)

## **The authorised provider network**

Resource requests are actioned by a network of authorised providers (APs) based with the regional public health units. The APs can also direct callers to additional sources of advice and locally produced publications. Turn to pages 46–48 for AP address details.

## **How the catalogue is organised**

The resources are organised by subject categories. Items listed in more than one category are flagged with an asterisk (\*) after the title. The resources in each subject category are listed in the order of their code numbers.

Similarly titled information is frequently available in more than one format, for example, as a promotional poster and an explanatory pamphlet.

Many resources are available in different languages, including te reo Māori, Pacific languages and other languages that meet the needs of various community groups in Aotearoa New Zealand. Because people ordering a translated version may not themselves speak the language, each translation is referred to by the title of the English-language resource. (The language of translation is stated after the format details.)

## **Reprints and revisions**

The health education resources are reprinted on demand and updated to ensure that the information is current. When policy or legislation changes or when new needs are identified, older resources may be withdrawn or substantially revised and newly developed resources may be added to the catalogue.

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### Availability of resources

The health education resources are generally provided free of charge to the public.

For a few resources (mainly videos/DVDs), limits are indicated to maintain fair distribution. A very few resources are restricted to health professionals only, as indicated.

If you have a particular reason for requiring a large number of any resource, please let your local AP know. See pages 46–48 for contact details.

### Resource formats

The main resource formats are: kits, videos/DVDs, posters, books, booklets, pamphlets, leaflets, cards, postcards, small signs, and stickers.

View the HealthEd resources online at [www.healthed.govt.nz](http://www.healthed.govt.nz)

- Rate the resources.
- Post a comment.
- Give us your feedback.
- Place orders from the site.

## Child Health and Safety

### HE1116 WELL CHILD/TAMARIKI ORA

A4 sheet 25 stickers  
Featuring the Well Child/Tamariki Ora logo

### HE1125 CLEAN AS\*

Poster A2 portrait  
Cartoon characters promoting key messages on basic hygiene (for school use)

### HE1132 FREE HEALTH CHECKS FOR YOUR CHILD

Poster A3 landscape  
Promoting free Well Child/Tamariki Ora health checks to parents and caregivers

### HE1228 SAFE SLEEP ESSENTIALS

Pamphlet DLE  
Key messages about best sleep practice and keeping baby in a smokefree environment to prevent SUDI

### HE1229 EVERYONE PLEASE

Postcard  
Key messages about best sleep practice and keeping baby in a smokefree environment to prevent SUDI

### HE1306 FEEDING YOUR BABY INFANT FORMULA\*

Booklet A5  
For use by health professionals in advising parents and caregivers who have decided to partially or completely formula feed a baby

### HE1322 CHILD-RESISTANT PACKAGING

A5 pad of 25 leaflets  
For distribution by pharmacies and child-health providers advising clients on how child-resistant packaging can help prevent young children being poisoned

### HE1919 PREVENTING SUDDEN UNEXPECTED DEATH IN INFANCY (SUDI)

Pamphlet DLE  
Clear, simple advice on things to do or to avoid, in order to prevent SUDI

### HE2098 BREASTFEEDING YOUR BABY

Booklet 150 x 148 mm: English  
Breastfeeding information

### HE2099 BREASTFEEDING YOUR BABY

Booklet 150 x 148 mm: Māori  
Breastfeeding information

### HE2100 BREASTFEEDING YOUR BABY

Booklet 150 x 148 mm: Samoan  
Breastfeeding information

### HE2101 BREASTFEEDING YOUR BABY

Booklet 150 x 148 mm: Tongan  
Breastfeeding information

### HE2102 BREASTFEEDING YOUR BABY

Booklet 150 x 148 mm: Chinese  
Breastfeeding information

### HE2103 BREASTFEEDING YOUR BABY

Booklet 150 x 148 mm: Korean  
Breastfeeding information

### HE2106 BREASTFEEDING AND WORKING

Pamphlet DLE: English  
Suggestions on how to manage breastfeeding when returning to work and while working

### HE2107 BREASTFEEDING AND WORKING

Pamphlet DLE: Samoan  
Suggestions on how to manage breastfeeding when returning to work and while working

### HE2108 BREASTFEEDING AND WORKING

Pamphlet DLE: Tongan  
Suggestions on how to manage breastfeeding when returning to work and while working

### HE2201 HIGH FIVE FOR CLEAN HANDS\*

Poster A2  
Promoting 20 seconds to soap and wash hands, 20 seconds to dry for good hand hygiene

### HE2202 STOP! HAVE YOU WASHED AND DRIED YOUR HANDS\*

Sticker A5  
A reminder to wash and dry hands for the bathroom door or above the sink

**HE2203 HIGH FIVE FOR CLEAN HANDS\***

Sticker half A4  
Promoting 20 seconds to soap and wash hands, 20 seconds to dry for good hand hygiene

**HE2255 BREASTFEEDING NATURALLY\***

DVD seven chapters  
Shows real-life experiences of New Zealand women to illustrate how to manage breastfeeding successfully (for use by health professionals). View online at [www.youtube.com/breastfeedingnz](http://www.youtube.com/breastfeedingnz)

**HE4158 LEAD AND LEAD POISONING\***

A4 pad of 25 leaflets  
Information on causes and prevention

**HE4189 HEADLICE FACTS**

Pamphlet DLE  
Information and treatment

**HE4240 DANGER SIGNALS**

A5 pad of 25 leaflets: English/Māori  
List of warning signs of illness in a young child

**HE6014 STARTING SOLIDS\***

A5 pad of 25 leaflets  
Information about food for infants

**HE7012 WELL CHILD TAMARIKI ORA HEALTH BOOK**

Book A5  
Parent information and health and immunisation record 0–5 years

**HE7027 USEFUL INFORMATION CHILDREN 0–5\***

Booklet A5: Samoan  
Key health messages – mainly for use with *Well Child* (code HE7012) (currently unavailable)

**HE7028 USEFUL INFORMATION CHILDREN 0–5\***

Booklet A5: Tongan  
Key health messages – mainly for use with *Well Child* (code HE7012) (currently unavailable)

**HE7029 USEFUL INFORMATION CHILDREN 0–5\***

Booklet A5: Niuean  
Key health messages – mainly for use with *Well Child* (code HE7012) (currently unavailable)

**HE7030 USEFUL INFORMATION CHILDREN 0–5\***

Booklet A5: Tokelauan  
Key health messages – mainly for use with *Well Child* (code HE7012) (currently unavailable)

**HE7031 USEFUL INFORMATION CHILDREN 0–5\***

Booklet A5: Cook Islands Māori  
Key health messages – mainly for use with *Well Child* (code HE7012) (currently unavailable)

**HE9003 FAST FREE FOOD FOR BABIES\***

Poster A2 portrait  
Breastfeeding promotion

**HE9060 SOY-BASED INFANT FORMULA\***

A5 pad of 25 leaflets  
Information for parents about soy-based milk alternatives

<b>Newborn Screening Programme</b>
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**HE1921 NEWBORN HEARING SCREENING: YOUR BABY'S HEARING SCREEN**

Pamphlet DLE  
Advice on the benefits of screening newborns' hearing, when and how the testing is done, and possible follow-ups

**HE1922 NEWBORN HEARING SCREEN RESULTS**

A5 pad of 25 leaflets  
To be given to parents whose newborn has passed the hearing screen

**HE1923 REPEAT NEWBORN HEARING SCREEN**

A5 pad of 25 leaflets  
To be given to parents whose newborn needs an additional hearing screen to give a clearer result

**HE1924 NEWBORN HEARING  
SCREENING: REFERRAL TO  
AN AUDIOLOGIST**

Pamphlet DLE

To be given to parents whose newborn needs further checking by an audiologist to give a clearer result

**Antenatal Screening**

**Please note that the following three resources became available from 5 January 2010.**

**HE2256 ANTENATAL SCREENING:  
FIRST TRIMESTER  
COMBINED SCREENING**

Pamphlet DLE

Guidance on screening for Down syndrome and other conditions up to the fourteenth week of pregnancy

**HE2257 ANTENATAL SCREENING:  
SECOND TRIMESTER  
MATERNAL SERUM  
SCREENING**

Pamphlet DLE

Guidance on screening for Down syndrome and other conditions from the fourteenth week of pregnancy

**HE2258 ANTENATAL SCREENING:  
INCREASED CHANCE**

Pamphlet DLE

Guidance on the need for further testing to follow up on indication of an increased chance result from either the first trimester or second trimester screening

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**HP4650(A3) B4 SCHOOL CHECK: A  
FREE HEALTH CHECK FOR  
4 YEAR OLDS**

Poster A3: English

Poster promoting final Well Child health check in year before children start school

**HP4650(A4) B4 SCHOOL CHECK: A  
FREE HEALTH CHECK FOR  
4 YEAR OLDS**

Poster A4: English

Poster promoting final Well Child health check in year before children start school

**HP4667 B4 SCHOOL CHECK:  
INFORMATION FOR  
PARENTS AND GUARDIANS\***

Pamphlet DLE: Māori

Pamphlet introducing and explaining the final Well Child health check at four years, including consent form

**HP4668 B4 SCHOOL CHECK:  
INFORMATION FOR  
PARENTS AND GUARDIANS\***

Pamphlet DLE: Samoan

Pamphlet introducing and explaining the final Well Child health check at four years, including consent form

**HP4669 B4 SCHOOL CHECK:  
INFORMATION FOR  
PARENTS AND GUARDIANS\***

Pamphlet DLE: Tongan

Pamphlet introducing and explaining the final Well Child health check at four years, including consent form

**HP4670 B4 SCHOOL CHECK:  
INFORMATION FOR  
PARENTS AND GUARDIANS**

Pamphlet DLE: Chinese, simplified

Pamphlet introducing and explaining the final Well Child health check at four years, including consent form

**HP4671 B4 SCHOOL CHECK:  
INFORMATION FOR  
PARENTS AND GUARDIANS**

Pamphlet DLE: Chinese, traditional

Pamphlet introducing and explaining the final Well Child health check at four years, including consent form

**HP4672 B4 SCHOOL CHECK:  
INFORMATION FOR  
PARENTS AND GUARDIANS**

Pamphlet DLE: Korean

Pamphlet introducing and explaining the final Well Child health check at four years, including consent form

**HP4673 B4 SCHOOL CHECK:  
INFORMATION FOR  
PARENTS AND GUARDIANS**

Pamphlet DLE: Arabic

Pamphlet introducing and explaining the final Well Child health check at four years, including consent form

**HP4674 B4 SCHOOL CHECK:  
INFORMATION FOR  
PARENTS AND GUARDIANS**

Pamphlet DLE: Hindi  
Pamphlet introducing and explaining the final Well Child health check at four years, including consent form

**HP4675(A3) B4 SCHOOL CHECK: A  
FREE HEALTH CHECK FOR  
4 YEAR OLDS**

Poster A3: Māori  
Poster promoting final Well Child health check in year before children start school

**HP4675(A4) B4 SCHOOL CHECK: A  
FREE HEALTH CHECK FOR  
4 YEAR OLDS**

Poster A4: Māori  
Poster promoting final Well Child health check in year before children start school

**HP4676(A3) B4 SCHOOL CHECK: A  
FREE HEALTH CHECK  
FOR 4 YEAR OLDS**

Poster A3: Samoan  
Poster promoting final Well Child health check in year before children start school

**HP4676(A4) B4 SCHOOL CHECK: A  
FREE HEALTH CHECK  
FOR 4 YEAR OLDS**

Poster A4: Samoan  
Poster promoting final Well Child health check in year before children start school

**HP4677(A3) B4 SCHOOL CHECK: A  
FREE HEALTH CHECK  
FOR 4 YEAR OLDS**

Poster A3: Tongan  
Poster promoting final Well Child health check in year before children start school

**HP4677(A4) B4 SCHOOL CHECK: A  
FREE HEALTH CHECK  
FOR 4 YEAR OLDS**

Poster A4: Tongan  
Poster promoting final Well Child health check in year before children start school

**HP4690 B4 SCHOOL CHECK:  
INFORMATION FOR  
PARENTS AND GUARDIANS**

Pamphlet DLE: English  
Pamphlet introducing and explaining the final Well Child health check at four years, including consent form

**HP4728 B4 SCHOOL CHECK:  
INFORMATION FOR THE  
EDUCATION SECTOR**

Pamphlet DLE: English  
Pamphlet explaining the four-year-old Well Child health check and how early childhood educators (or, in some cases, new entrant teachers) can contribute by completing a strengths and difficulties questionnaire

## Communicable Diseases

**HE1125 CLEAN AS\***

Poster A2 portrait  
Cartoon characters promoting key messages on basic hygiene (for school use)

**HE1211 CAMPYLOBACTER**

Pamphlet DLE  
Information on preventing this food- and water-borne disease

**HE1212 CRYPTOSPORIDIUM**

Pamphlet DLE  
Information on preventing this food- and water-borne disease

**HE1213 GIARDIA**

Pamphlet DLE  
Information on preventing this food- and water-borne disease

**HE1214 INFECTIOUS DISEASES**

Poster A2 portrait  
Information on twenty-one childhood diseases

**HE1215 INFECTIOUS DISEASES**

Card A4  
Information on twenty-one childhood diseases (duplicates poster HE1214)

**HE1303 MENINGITIS  
(MENINGOCOCCAL DISEASE)  
IS SERIOUS**

Pamphlet A5: English  
Information about symptoms of meningococcal disease and what actions to take

**HE1325 MENINGITIS  
(MENINGOCOCCAL DISEASE)  
IS SERIOUS**

Poster A3 portrait: English  
Information about symptoms of meningococcal disease and what actions to take

**HE1401 HEPATITIS B: INFORMATION  
FOR HEALTH  
PROFESSIONALS**

Card A4  
Information for health professionals on managing babies born to HBsAg positive women

**HE1402 HEPATITIS B: INFORMATION  
FOR PREGNANT WOMEN**

Leaflet A4  
Information for health professionals to give to pregnant women to explain testing for exposure to the hepatitis B virus

**HE1403 HEPATITIS B: PERSONAL  
RECORD**

Postcard  
A record of the immunisation schedule for babies exposed to the hepatitis B virus for health professionals to update at each immunisation visit

**HE1409 MENINGITIS  
(MENINGOCOCCAL DISEASE)  
IS SERIOUS\***

Poster A4: Tongan  
Information about symptoms of meningococcal disease and what actions to take (under review)

**HE1411 MENINGITIS  
(MENINGOCOCCAL DISEASE)  
IS SERIOUS\***

Poster A4: Niuean  
Information about symptoms of meningococcal disease and what actions to take (under review)

**HE1431 LATENT TUBERCULOSIS**

Pamphlet DLE: English  
Information on the risk of latent TB infection and what actions to take

**HE1432 LATENT TUBERCULOSIS\***

Pamphlet DLE: Chinese  
Information on the risk of latent TB infection and what actions to take

**HE1433 LATENT TUBERCULOSIS\***

Pamphlet DLE: Arabic  
Information on the risk of latent TB infection and what actions to take

**HE1434 LATENT TUBERCULOSIS\***

Pamphlet DLE: Somali  
Information on the risk of latent TB infection and what actions to take

**HE1435 LATENT TUBERCULOSIS\***

Pamphlet DLE: Amharic  
Information on the risk of latent TB infection and what actions to take

**HE1436 LATENT TUBERCULOSIS\***

Pamphlet DLE: Farsi  
Information on the risk of latent TB infection and what actions to take

**HE1446 HEPATITIS B: CONSENT  
FORM FOR HEPATITIS  
B VACCINATION  
AND HEPATITIS B  
IMMUNOGLOBULIN**

Leaflet A4  
Consent form for hepatitis B vaccination and hepatitis B immunoglobulin, including also a notification to the medical officer of health, for use by health professionals

**HE1556 WASH YOUR HANDS/  
HOROIA Ō RINGARINGA\***

Sticker 100 mm x 100 mm: English/Māori  
For use in bathrooms and restrooms

**HE1716 STOP THE SPREAD OF FLU  
GERMS: PROTECT YOUR  
FAMILY/WHĀNAU FROM  
INFLUENZA**

Poster A3  
A reminder of basic hygiene practices to help prevent the spread of influenza

**HE1717 GETTING READY FOR A FLU  
PANDEMIC**

Pamphlet DLE  
Advice on planning, on preparing an emergency kit and on practising basic hygiene in the event of an influenza pandemic

**HE1913 GETTING READY FOR A FLU  
PANDEMIC\***

Pamphlet DLE: Māori  
Advice on planning for an influenza pandemic

**HE1914 GETTING READY FOR A FLU PANDEMIC FOR WHĀNAU, HUI, MARAE, TANGIHANGA\***

Pamphlet DLE: Māori  
Advice on planning for an influenza pandemic in relation to gatherings and on use of the marae during a pandemic

**HE2111 HEPATITIS B FACTSHEET**

Leaflet A5  
Information about how best to manage their condition for people living with chronic hepatitis B

**HE2201 HIGH FIVE FOR CLEAN HANDS\***

Poster A2  
Promoting 20 seconds to soap and wash hands, 20 seconds to dry for good hand hygiene

**HE2202 STOP! HAVE YOU WASHED AND DRIED YOUR HANDS\***

Sticker A5  
A reminder to wash and dry hands for the bathroom door or above the sink

**HE2203 HIGH FIVE FOR CLEAN HANDS\***

Sticker half A4  
Promoting 20 seconds to soap and wash hands, 20 seconds to dry for good hand hygiene

**HE2204 BCG VACCINE: INFORMATION FOR HEALTH PROFESSIONALS\***

Card A5  
Information for lead maternity carers and other health professionals about TB, which children should be offered the BCG vaccination, and post-vaccination care

**The following pamphlet about BCG vaccination and the post-vax leaflet are both available in 20 languages. See the Immunisation section for details.**

**HE2205 BCG VACCINE: INFORMATION FOR PARENTS\***

Pamphlet DLE: English  
Information about TB and the BCG vaccination enabling parents/caregivers to make an informed decision about having their baby vaccinated

**HE2226 BCG VACCINE: AFTER CARE FOR PARENTS\***

Leaflet A5: English  
Information on how to look after the vaccination site

**HE4172 RUBELLA AND WOMEN\***

Leaflet A5  
Risks of rubella in pregnancy to the unborn child (under review)

**HE4182 HEPATITIS A B C**

Pamphlet DLE  
Information for adults on symptoms, treatment and prevention of hepatitis A, B and C

**HE4191 SCABIES**

A3 sheet, folded to A4  
Information about the treatment and prevention of scabies

**HE4264 FIRST AID PRECAUTIONS FOR HEPATITIS B, HIV/AIDS AND OTHER BLOOD-BORNE VIRUSES**

Sheet of four stickers A4  
Precautions for health workers (for health professionals only)

**HE7023 TUBERCULOSIS (TB)**

Pamphlet DLE  
Information about tuberculosis and how it is treated

**HE9020 MENINGITIS (MENINGOCOCCAL DISEASE) IS SERIOUS**

Poster A2 portrait  
Information about symptoms of meningococcal disease and what actions to take, for young adults

**HE9021 DON'T SHARE SPIT!**

Poster A2 portrait  
Advice for teenagers or young adults in educational institutions or sports teams on preventing the spread of meningococcal disease

**HE9037 BEFORE YOU TAKE TO THE WATER**

A5 pad of 25 leaflets  
Safe swimming in public or private pools

**HE9058 MENINGOCOCCAL DISEASE:  
ADVICE FOR GP DIAGNOSIS  
AND MANAGEMENT**

Card A5  
Information about meningococcal disease  
(for health professionals only)

**HE9061 HEPATITIS B/MATE ATE  
KAKĀ\***

Pamphlet DLE: English/Māori  
Information on hepatitis B

**HE10109 BODY-PIERCING AND  
TATTOOING: PROTECTING  
YOUR HEALTH\***

Pamphlet small, concertina folded  
Information for people thinking about  
having body piercing and tattooing

## Diabetes

**HE1151 FREE CHECK FOR PEOPLE  
WITH DIABETES\***

Poster A3 portrait: Cook Islands Māori  
Promotion of free diabetes testing

**HE1153 FREE CHECK FOR PEOPLE  
WITH DIABETES\***

Poster A3 portrait: Niuean  
Promotion of free diabetes testing

**HE1154 KEEPING WELL WITH  
DIABETES\***

Booklet A5: English  
Guidelines for managing late-onset  
diabetes

**HE1155 KEEPING WELL WITH  
DIABETES\***

Booklet A5: Māori  
Guidelines for managing late-onset  
diabetes

**HE1156 KEEPING WELL WITH  
DIABETES\***

Booklet A5: Samoan  
Guidelines for managing late-onset  
diabetes

**HE1157 KEEPING WELL WITH  
DIABETES\***

Booklet A5: Cook Islands Māori  
Guidelines for managing late-onset  
diabetes

**HE1158 KEEPING WELL WITH  
DIABETES\***

Booklet A5: Tongan  
Guidelines for managing late-onset  
diabetes

**HE1159 KEEPING WELL WITH  
DIABETES\***

Booklet A5: Niuean  
Guidelines for managing late-onset  
diabetes

## Environmental Health

**HE0000 THE WALKERTON STORY**

DVD 42 minutes  
A CTV (Canadian) documentary about a  
severe E. coli outbreak in a small town's  
drinking water supply in 2001

**HE1103 RADIO FREQUENCY FIELDS**

Pamphlet DLE  
Information about radio frequency fields  
and issues relating to radio waves and cell  
sites

**HE1121 POISONS AROUND THE  
HOME**

Poster A3 folded to A5  
Showing poisonous items around the home  
and giving general safety tips

**HE1122 NOISE AROUND THE HOME\***

Pamphlet DLE  
Information on how noise affects hearing

**HE1129 SECURE GROUNDWATER  
BORES AND WELLS FOR SAFE  
HOUSEHOLD WATER**

Pamphlet A5  
Information for people whose household  
water supply comes from a bore or well

**HE1216 KEEPING HEALTHY  
OUTDOORS**

Pamphlet A6  
For people who enjoy picnicking, camping  
or walking

**HE1243 KEEP YOUR HEAD ABOVE  
WATER**

Pamphlet DLE  
Information on amoebic meningitis in  
relation to geothermal pools

**HE1248 KEEP YOUR HEAD ABOVE WATER**

Poster/sticker A3 portrait  
All-weather poster/sticker for displaying around geothermal pools to help prevent amoebic meningitis

**HE1249 KEEP YOUR HEAD ABOVE WATER**

Sticker 290 mm x 120 mm  
For indoor areas near geothermal pools to help prevent amoebic meningitis

**HE1331 BLUEPRINT FOR SAFE DRINKING WATER**

Video 24 minutes  
A brief introduction to the risk management planning process for drinking water supplies

**HE1331D BLUEPRINT FOR SAFE DRINKING WATER**

DVD 24 minutes  
A brief introduction to the risk-management planning process for drinking water supplies

**HE1421 MOSQUITO RESPONSE PROGRAMME: HEALTH INFORMATION NO. 1**

A5 pad of 25 leaflets  
Information about spraying to eradicate the Southern Saltmarsh mosquito, for use in affected areas

**HE1422 MOSQUITO RESPONSE PROGRAMME: HEALTH INFORMATION NO. 2**

A5 pad of 25 leaflets  
Information about spraying to eradicate the Southern Saltmarsh mosquito, for use in affected areas

**HE1424 SPIDERS IN NEW ZEALAND**

Pamphlet DLE  
Information on harmful spiders in New Zealand

**HE1630 WATER SAFETY PLANS FOR SMALL DRINKING WATER SUPPLIES: A PUBLIC HEALTH RISK MANAGEMENT PLAN TOOL**

Video 22 minutes  
A plan to help with systematically assessing every aspect of providing safe drinking water

**HE1630D WATER SAFETY PLANS FOR SMALL DRINKING WATER SUPPLIES: A PUBLIC HEALTH RISK MANAGEMENT PLAN TOOL**

DVD 22 minutes  
A plan to help with systematically assessing every aspect of providing safe drinking water

**HE1815 DON'T BUG ME: PATHOGENS & PATHWAYS IN DRINKING WATER SUPPLIES**

DVD 22 minutes  
Advice on the pathogens that may contaminate drinking water sources, some ways in which contamination may enter the water source, and how people can avoid infecting themselves

**HE1818 MAKING IT SAFE! PRINCIPLES & METHODS OF TREATMENT FOR SMALL DRINKING WATER SUPPLIES**

DVD 22 minutes  
Information on some of the treatment methods that can be used to maintain safe drinking water supplies

**HE1904 TANKS, PUMPS & PIPES: SAFE DRINKING WATER SUPPLY RETICULATION SYSTEMS**

DVD 15 minutes  
Advice on maintaining safety in every part of a water reticulation network

**HE1905 CHECKING IT OUT: SAMPLING AND MONITORING OF SMALL DRINKING WATER SUPPLIES**

DVD 22 minutes  
Advice on testing every aspect of water quality

**HE2109 WHEN IT ALL HITS THE FAN: HOW OUTBREAKS CAN OCCUR IN SMALL DRINKING WATER SUPPLIES**

DVD 15 minutes  
How outbreaks of water-borne gastric conditions can occur and a reminder about safe practices to avoid them

**HE4157 REPAINTING: LEAD-BASED PAINT**

Pamphlet DLE  
Prevention of lead poisoning when preparing to repaint lead-based paint

**HE4158 LEAD AND LEAD POISONING\***

A4 pad of 25 leaflets  
Information on causes and prevention of lead poisoning

**HE4602 HOUSEHOLD WATER SUPPLIES**

Book A4  
Detailed information for people not on town supply

**HE4604 SAVE WATER DURING WATER SHORTAGE AND STAY HEALTHY**

Leaflet A4  
Information relevant in times of water shortage (replicates poster HE4604P)

**HE4604P SAVE WATER AND STAY HEALTHY**

Poster A3 portrait  
Information relevant in times of water shortage

**HE4605 SAFER AND HEALTHIER GARDENING**

Pamphlet DLE  
Information on reducing risks when gardening

**HE6018 GUIDELINES FOR THE MANAGEMENT OF LEAD-BASED PAINT**

Book A4  
Information on handling lead-based paint for painting contractors, property owners/managers, safety and health practitioners

**HE7021 ALL ABOUT ASBESTOS**

Booklet A5  
Identification of asbestos, of its adverse effects on health, and of safe actions in handling it

**HE7022 REMOVING ASBESTOS FROM THE HOME**

Booklet A5  
Information on how to remove asbestos safely and on appropriate protective gear

**HE9017 MOSQUITOES – WHY WE NEED TO CLEAN UP OUR OWN BACKYARD**

A3 sheet, folded to A4  
Mosquito prevention information

**HE10108 AGRICHEMICAL SPRAYDRIFT**

Pamphlet DLE  
Reducing risks and taking action if chemical spraydrift occurs

**HE10148 WATER COLLECTION TANKS AND SAFE HOUSEHOLD WATER**

Pamphlet A5  
Information on how to keep tank water safe

**HE10149 WATER GRADING**

Pamphlet A5  
Information on how water supplies are graded

**HP4599 FACTSHEET: THE HEALTH SUPPORT SERVICE FOR DIOXIN EXPOSED PEOPLE**

Leaflet A4  
Advice for those exposed to dioxins from the former Ivon Watkins Dow factory at New Plymouth, explaining how to access the Health Support Service

**HP4601 DIOXIN AND HEALTH**

Pamphlet DLE  
Information about exposure to dioxins, effects on health treatment and how to reduce exposure

## Health Promoting Schools

**HE1125 CLEAN AS\***

Poster A2 portrait  
Cartoon characters promoting key messages on basic hygiene (for school use)

**HE1425 HEALTH PROMOTING SCHOOLS (BOOKLET 1): A WAY OF WORKING**

Booklet A5  
General information for principals, boards of trustees and teachers about the concept of health-promoting schools

**HE1426 HEALTH PROMOTING SCHOOLS (BOOKLET 2): THE HPS PROCESS**

Booklet A5

Information for principals, boards of trustees and teachers describing the process for establishing a health-promoting school

**HE1427 HEALTH PROMOTING SCHOOLS (BOOKLET 3): MENTALLY HEALTHY SCHOOLS**

Booklet A5

Information for principals, boards of trustees and teachers describing the process for creating a mentally healthy school

**HE1428 ABOUT HEALTH PROMOTING SCHOOLS**

Pamphlet DLE

General information for parents and the public about health-promoting schools

**HE1429 HEALTH PROMOTING SCHOOLS SUPPORT MANUAL**

Book A4

A support manual for people working in health-promoting schools

**HE1903 FOOD AND BEVERAGE CLASSIFICATION SYSTEM FOR YEARS 1–13 (KIT)\***

**Card case containing two books (both A4 landscape)**

The *User Guide* applies the categories: everyday; sometimes; and occasional foods as a tool for identifying healthy food and beverage options. The *Catering Guide* is directed to canteen managers, caterers and those preparing foods for consumption on school premises

## Hearing

**HE1122 NOISE AROUND THE HOME CAN CAUSE HEARING PROBLEMS\***

Pamphlet DLE

Information on how noise affects hearing

**HE1414 GLUE EAR/TARINGA HOI\***

Pamphlet DLE: headings English/Māori  
Information on glue ear in children

**HE1415 TARINGA HOI/GLUE EAR\***

Leaflet A5: headings English/Māori  
A fact sheet for Māori repeating key messages about glue ear from the pamphlet (code HE1414)

**HE1416 EARACHE/TE TARINGA NGAU\***

Pamphlet DLE: headings English/Māori  
Information on earache in children

**HE1417 TE TARINGA NGAU/EARACHE\***

Leaflet A5: headings English/Māori  
A fact sheet for Māori repeating key messages about earache and glue ear from the pamphlet (code HE1416)

**HE4874 KA TAEA TŌ TAMAITI TE RONGO?/CAN YOUR CHILD HEAR?**

Poster A3 portrait: Māori/English  
Reminder of the need to check your child's hearing

## Immunisation

**HE1106 IMMUNISATION GUIDELINES FOR EARLY CHILDHOOD SERVICES AND PRIMARY SCHOOLS**

Booklet A5

Information about immunisation for early childhood services and primary schools

**HE1107 IMMUNISATION GUIDELINES FOR KURA KAUPAPA\***

Booklet A5: Māori

Information about immunisation for kura

**HE1108 DOES YOUR CHILD START SCHOOL SOON?**

Poster A2 portrait: English

Information for parents and caregivers on the need to provide an Immunisation Certificate for school

**HE1110 DOES YOUR CHILD START SCHOOL SOON?\***

Poster A2 portrait: Māori

Information for parents and caregivers on the need to provide an Immunisation Certificate for kura

**HE1111 IMMUNISATION REGISTER FOR EARLY CHILDHOOD SERVICES AND PRIMARY SCHOOLS**

Sheet A3: English  
Class immunisation register for early childhood services and primary schools

**HE1112 IMMUNISATION REGISTER FOR KŌHANGA REO AND KURĀ KAUPAPA\***

Sheet A3: Māori  
Class immunisation register for kōhanga reo and kura kaupapa Māori

**HE1114 DOES YOUR CHILD START SCHOOL SOON?**

A5 pad of 25 leaflets: English  
Information for parents, advising of the need to provide an Immunisation Certificate for school

**HE1115 DOES YOUR CHILD START SCHOOL SOON?\***

A5 pad of 25 leaflets: Māori  
Information for whānau, advising of the need to provide an Immunisation Certificate for kura

**HE1139 ALL THESE PEOPLE QUALIFY FOR FREE INFLUENZA IMMUNISATION\***

Poster A3 portrait: Samoan  
Information on free influenza immunisation for people over 65 or with certain medical conditions (under review)

**HE1141 ALL THESE PEOPLE QUALIFY FOR FREE INFLUENZA IMMUNISATION\***

Poster A3 portrait: Niuean  
Information on free influenza immunisation for people over 65 or with certain medical conditions (under review)

**HE1207 PROTECT YOUR CHILD**

Sticker 100 mm x 170 mm  
Immunisation schedule for parents and caregivers

**HE1221 PROTECT YOUR CHILD**

Poster A2 (halved horizontally)  
Childhood immunisations – includes schedule

**HE1308 CHILDHOOD IMMUNISATION SCHEDULE FROM 2008**

Card A4  
Vaccine information for vaccinators and health professionals

**HE1309 (2008) IMMUNISATION RECORD**

Sticker A5  
For *Well Child* books not already carrying the 2008 Immunisation Schedule information

**HE1310 INFLUENZA: PROTECT YOURSELF WITH IMMUNISATION**

Poster A3 portrait  
Information on free immunisation for people over 65 or with certain medical conditions

**HE1312 YEAR 7 IMMUNISATION FOR DIPHTHERIA, TETANUS AND WHOOPING COUGH (PERTUSSIS) (BOOSTRIX™)**

Pamphlet A4  
Consent form for parents and caregivers, which explains about immunisation of year 7 students

**HE1313 YEAR 7 IMMUNISATION: SCHOOL PROGRAMME**

A5 pad of 25 leaflets: English  
Post-vaccination letter

**HE1314 YEAR 7 IMMUNISATION: SCHOOL PROGRAMME\***

A5 pad of 25 leaflets: Māori  
Post-vaccination letter

**HE1315 YEAR 7 IMMUNISATION: SCHOOL PROGRAMME\***

A5 pad of 25 leaflets: Samoan  
Post-vaccination letter

**HE1316 YEAR 7 IMMUNISATION: SCHOOL PROGRAMME\***

A5 pad of 25 leaflets: Tongan  
Post-vaccination letter

**HE1317 YEAR 7 IMMUNISATION: SCHOOL PROGRAMME\***

A5 pad of 25 leaflets: Niuean  
Post-vaccination letter

**HE1318 YEAR 7 IMMUNISATION:  
SCHOOL PROGRAMME\***

A5 pad of 25 leaflets: Cook Islands Māori  
Post-vaccination letter

**HE1319 YEAR 7 IMMUNISATION:  
SCHOOL PROGRAMME\***

A5 pad of 25 leaflets: Tokelauan  
Post-vaccination letter

**HE1323 CHILDHOOD  
IMMUNISATION**

Booklet A5  
Detailed information for parents

**HE1327 IMMUNISE YOUR CHILDREN**

Pamphlet DLE: English  
Information on child immunisation

**HE1418 THE DIFFERENCE BETWEEN  
INFLUENZA AND A COLD**

A5 pad of 25 leaflets  
On distinguishing between the symptoms  
of a cold and influenza

**HE1501 NATIONAL IMMUNISATION  
REGISTER (NIR)**

Pamphlet DLE: English  
Information for parents and caregivers  
covering frequently asked questions about  
the computerised record of immunisations

**HE1502 THE NATIONAL  
IMMUNISATION REGISTER**

Poster A3 portrait  
Key points about the National  
Immunisation Register (under review)

**HE1503 YEAR 7 IMMUNISATION  
FOR DIPHTHERIA, TETANUS  
AND WHOOPING COUGH  
(PERTUSSIS) (BOOSTRIX™)**

Pamphlet A5  
For students and parents without access  
to school immunisation programmes  
(applicable only in some South Island  
areas)

**HE1504 MOST IMMUNISATIONS  
HAVE NO REACTIONS, BUT ...**

A5 pad of 25 leaflets  
Post-vaccination information for parents

**HE1514 ADULT TETANUS  
AND DIPHTHERIA  
IMMUNISATION**

A5 pad of 25 leaflets  
Promoting vaccination for tetanus and  
diphtheria for adults and explaining these  
infections

**HE1531 IMMUNISE YOUR CHILDREN\***

Pamphlet DLE: Māori  
Information on child immunisation

**HE1532 IMMUNISE YOUR CHILDREN\***

Pamphlet DLE: Samoan  
Information on child immunisation

**HE1533 IMMUNISE YOUR CHILDREN\***

Pamphlet DLE: Tongan  
Information on child immunisation

**HE1534 IMMUNISE YOUR CHILDREN\***

A3 sheet, folded to A4: Niuean  
Information on child immunisation

**HE1535 IMMUNISE YOUR CHILDREN\***

A3 sheet, folded to A4: Cook Islands Māori  
Information on child immunisation

**HE1536 IMMUNISE YOUR CHILDREN\***

A3 sheet, folded to A4: Tokelauan  
Information on child immunisation

**HE1537 IMMUNISE YOUR CHILDREN\***

A3 sheet, folded to A4: Fijian  
Information on child immunisation

**HE1538 IMMUNISE YOUR CHILDREN**

A3 sheet, folded to A4: Arabic  
Information on child immunisation

**HE1539 IMMUNISE YOUR CHILDREN**

A3 sheet, folded to A4: Hindi  
Information on child immunisation

**HE1540 IMMUNISE YOUR CHILDREN**

A3 sheet, folded to A4: Korean  
Information on child immunisation

**HE1541 IMMUNISE YOUR CHILDREN**

A3 sheet, folded to A4: Chinese, traditional  
Information on child immunisation

**HE1542 IMMUNISE YOUR CHILDREN**  
A3 sheet, folded to A4: Chinese, simplified  
Information on child immunisation

**HE1543 NATIONAL IMMUNISATION REGISTER (NIR)\***

Pamphlet DLE: Māori  
Information for parents and caregivers,  
covering frequently asked questions about  
the computerised record of immunisations

**HE1544 NATIONAL IMMUNISATION REGISTER (NIR)\***

Pamphlet DLE: Samoan  
Information for parents and caregivers,  
covering frequently asked questions about  
the computerised record of immunisations

**HE1545 NATIONAL IMMUNISATION REGISTER (NIR)\***

Pamphlet DLE: Tongan  
Information for parents and caregivers,  
covering frequently asked questions about  
the computerised record of immunisations

**HE1546 NATIONAL IMMUNISATION REGISTER (NIR)\***

A3 sheet, folded to A4: Niuean  
Information for parents and caregivers,  
covering frequently asked questions about  
the computerised record of immunisations

**HE1547 NATIONAL IMMUNISATION REGISTER (NIR)\***

A3 sheet, folded to A4: Cook Islands Māori  
Information for parents and caregivers,  
covering frequently asked questions about  
the computerised record of immunisations

**HE1548 NATIONAL IMMUNISATION REGISTER (NIR)\***

A3 sheet, folded to A4: Tokelauan  
Information for parents and caregivers,  
covering frequently asked questions about  
the computerised record of immunisations

**HE1549 NATIONAL IMMUNISATION REGISTER (NIR)\***

A3 sheet, folded to A4: Fijian  
Information for parents and caregivers,  
covering frequently asked questions about  
the computerised record of immunisations

**HE1550 NATIONAL IMMUNISATION REGISTER (NIR)**

A3 sheet, folded to A4: Arabic  
Information for parents and caregivers,  
covering frequently asked questions about  
the computerised record of immunisations

**HE1551 NATIONAL IMMUNISATION REGISTER (NIR)**

A3 sheet, folded to A4: Hindi  
Information for parents and caregivers,  
covering frequently asked questions about  
the computerised record of immunisations

**HE1552 NATIONAL IMMUNISATION REGISTER (NIR)**

A3 sheet, folded to A4: Korean  
Information for parents and caregivers,  
covering frequently asked questions about  
the computerised record of immunisations

**HE1553 NATIONAL IMMUNISATION REGISTER (NIR)**

A3 sheet, folded to A4: Chinese, traditional  
Information for parents and caregivers,  
covering frequently asked questions about  
the computerised record of immunisations

**HE1554 NATIONAL IMMUNISATION REGISTER (NIR)**

A3 sheet, folded to A4: Chinese, simplified  
Information for parents and caregivers,  
covering frequently asked questions about  
the computerised record of immunisations

**HE1714 YEAR 7 IMMUNISATIONS**

Video 9 minutes  
Explanation, for students, of year 7  
immunisation

**HE1715 YEAR 7 IMMUNISATIONS**

DVD 9 minutes  
Explanation, for students, of year 7  
immunisation

**HE1915 IMMUNISE YOUR CHILDREN\***

DVD 3 tracks  
Three versions (for general, Māori and  
Pacific audiences) of an introduction to  
immunisation for health professionals  
to show to antenatal and new parent  
audiences

**HE1916 IMMUNISE YOUR CHILDREN (GENERAL)**

Video 10.25 minutes  
An introduction to immunisation for health professionals to show to antenatal and new parent audiences

**HE1917 IMMUNISE YOUR CHILDREN (MĀORI)\***

Video 9.37 minutes  
An introduction to immunisation for health professionals to show to antenatal and new parent audiences

**HE1918 IMMUNISE YOUR CHILDREN (PACIFIC)\***

Video 11.23 minutes  
An introduction to immunisation for health professionals to show to antenatal and new parent audiences

**The following resources support vaccination against the human papillomavirus (HPV), the main cause of cervical cancer. For additional information, visit [www.cervicalcancervaccine.govt.nz](http://www.cervicalcancervaccine.govt.nz)**

**HE2011 JOIN THE FIGHT AGAINST CERVICAL CANCER**

Postcard  
Handout for young women born in 1990 and 1991 with summarised information about the HPV vaccination on reverse

**HE2012 CERVICAL CANCER VACCINE**

Pamphlet DLE: English  
Information for parents, guardians and their daughters about the HPV vaccination

**HE2013 CERVICAL CANCER VACCINE**

Flip chart  
For doctors and health professionals advising girls, young women and their families about HPV vaccination

**HE2014 CERVICAL CANCER VACCINE**

Leaflet A4  
For medical reception use: summary information about HPV vaccination and the vaccination appointment

**HE2015 CERVICAL CANCER VACCINE\***

Pamphlet DLE: Māori  
Information for whānau about the HPV vaccination

**HE2016 CERVICAL CANCER VACCINE\***

Pamphlet DLE: Samoan  
Information for parents, guardians, and their daughters about the HPV vaccination

**HE2017 CERVICAL CANCER VACCINE\***

Pamphlet DLE: Tongan  
Information for parents, guardians and their daughters about the HPV vaccination

**HE2200 CERVICAL CANCER VACCINE FACTSHEET: INFORMATION FOR SCHOOLS**

Leaflet A4  
**Programme use only.** Explanatory factsheet

**HE2021 ONE THING YOU CAN PROTECT THEM FROM**

Poster A2: English  
Promoting the HPV vaccination programme

**HE2022 ONE THING YOU CAN PROTECT THEM FROM**

Poster A2: Māori  
Promoting the HPV vaccination programme

**HE2023 ONE THING YOU CAN PROTECT THEM FROM**

Poster A2: Samoan  
Promoting the HPV vaccination programme

**HE2024 ONE THING YOU CAN PROTECT THEM FROM**

Poster A2: Tongan  
Promoting the HPV vaccination programme

**HE2026 ONE THING YOU CAN PROTECT THEM FROM**

Poster A2: generic  
Promoting the HPV vaccination programme

**HE2028 CERVICAL CANCER VACCINE**

Pamphlet DLE: Niuean  
Information for parents, guardians and their daughters about the HPV vaccination

**HE2029 CERVICAL CANCER VACCINE**

Pamphlet DLE: Tokelauan  
Information for parents, guardians and their daughters about the HPV vaccination

**HE2030 CERVICAL CANCER VACCINE**

Pamphlet DLE: Tuvaluan  
Information for parents, guardians and their daughters about the HPV vaccination

**HE2031 CERVICAL CANCER VACCINE**

Pamphlet DLE: Cook Islands Māori  
Information for parents, guardians and their daughters about the HPV vaccination

**HE2032 CERVICAL CANCER VACCINE**

Pamphlet DLE: Fijian  
Information for parents, guardians and their daughters about the HPV vaccination

**HE2033 CERVICAL CANCER VACCINE**

Pamphlet DLE: Cambodian/Khmer  
Information for parents, guardians and their daughters about the HPV vaccination

**HE2034 CERVICAL CANCER VACCINE**

Pamphlet DLE: Arabic  
Information for parents, guardians and their daughters about the HPV vaccination

**HE2035 CERVICAL CANCER VACCINE**

Pamphlet DLE: Korean  
Information for parents, guardians and their daughters about the HPV vaccination

**HE2036 CERVICAL CANCER VACCINE**

Pamphlet DLE: Hindi  
Information for parents, guardians and their daughters about the HPV vaccination

**HE2037 CERVICAL CANCER VACCINE**

Pamphlet DLE: Mandarin  
Information for parents, guardians and their daughters about the HPV vaccination

**HE2038 ONE THING YOU CAN PROTECT THEM FROM**

Poster A2: Niuean  
Promoting the HPV vaccination programme

**HE2039 ONE THING YOU CAN PROTECT THEM FROM**

Poster A2: Tokelauan  
Promoting the HPV vaccination programme

**HE2040 ONE THING YOU CAN PROTECT THEM FROM**

Poster A2: Cook Islands Māori  
Promoting the HPV vaccination programme

**HE2041 ONE THING YOU CAN PROTECT THEM FROM**

Poster A2: Fijian  
Promoting the HPV vaccination programme

**HE2042 ONE THING YOU CAN PROTECT THEM FROM**

Poster A2: Hindi  
Promoting the HPV vaccination programme

**HE2043 ONE THING YOU CAN PROTECT THEM FROM**

Poster A2: Mandarin  
Promoting the HPV vaccination programme

**HE2044 THE HUMAN PAPILLOMAVIRUS (HPV) VACCINE: CONSENT FORM**

Pamphlet A4: English  
Information and consent form for schools' HPV vaccination programme

**Note: The full consent form is published in English only. Additional information from the form is also available in thirteen community languages.**

**HE2045 THE HUMAN PAPILLOMAVIRUS (HPV) VACCINE: CONSENT INFORMATION**

Pamphlet A4: Māori  
Information for girls and families on the school-based vaccination programme

**HE2046 THE HUMAN PAPILLOMAVIRUS (HPV) VACCINE: CONSENT INFORMATION**

Pamphlet A4: Samoan  
Information for girls and families on the school-based vaccination programme

**HE2047 THE HUMAN PAPILLOMAVIRUS (HPV) VACCINE: CONSENT INFORMATION**

Pamphlet A4: Tongan  
Information for girls and families on the school-based vaccination programme

**HE2048 THE HUMAN PAPILLOMA-VIRUS (HPV) VACCINE: CONSENT INFORMATION**

Pamphlet A4: Niuean  
Information for girls and families on the school-based vaccination programme

**HE2049 THE HUMAN PAPILLOMA-VIRUS (HPV) VACCINE: CONSENT INFORMATION**

Pamphlet A4: Tokelauan  
Information for girls and families on the school-based vaccination programme

**HE2050 THE HUMAN PAPILLOMA-VIRUS (HPV) VACCINE: CONSENT INFORMATION**

Pamphlet A4: Tuvaluan  
Information for girls and families on the school-based vaccination programme

**HE2051 THE HUMAN PAPILLOMA-VIRUS (HPV) VACCINE: CONSENT INFORMATION**

Pamphlet A4: Cook Islands Māori  
Information for girls and families on the school-based vaccination programme

**HE2052 THE HUMAN PAPILLOMA-VIRUS (HPV) VACCINE: CONSENT INFORMATION**

Pamphlet A4: Fijian  
Information for girls and families on the school-based vaccination programme

**HE2053 THE HUMAN PAPILLOMA-VIRUS (HPV) VACCINE: CONSENT INFORMATION**

Pamphlet A4: Cambodian/Khmer  
Information for girls and families on the school-based vaccination programme

**HE2054 THE HUMAN PAPILLOMA-VIRUS (HPV) VACCINE: CONSENT INFORMATION**

Pamphlet A4: Arabic  
Information for girls and families on the school-based vaccination programme

**HE2055 THE HUMAN PAPILLOMA-VIRUS (HPV) VACCINE: CONSENT INFORMATION**

Pamphlet A4: Korean  
Information for girls and families on the school-based vaccination programme

**HE2056 THE HUMAN PAPILLOMA-VIRUS (HPV) VACCINE: CONSENT INFORMATION**

Pamphlet A4: Hindi  
Information for girls and families on the school-based vaccination programme

**HE2057 THE HUMAN PAPILLOMA-VIRUS (HPV) VACCINE: CONSENT INFORMATION**

Pamphlet A4: Mandarin  
Information for girls and families on the school-based vaccination programme

**HE2058 THE HPV POST VACCINATION FORM**

A5 pads of 100 leaflets: English  
**Programme use only.** Information for girls and families for sending home after the three HPV vaccinations

**HE2059 ONE THING YOU CAN PROTECT THEM FROM**

Poster A2: Tuvaluan  
Promoting the HPV vaccination programme

**HE2060 ONE THING YOU CAN PROTECT THEM FROM**

Poster A2: Cambodian/Khmer  
Promoting the HPV vaccination programme

**HE2061 ONE THING YOU CAN PROTECT THEM FROM**

Poster A2: Arabic  
Promoting the HPV vaccination programme

**HE2062 ONE THING YOU CAN PROTECT THEM FROM**

Poster A2: Korean  
Promoting the HPV vaccination programme

**HE2063 THE HPV POST VACCINATION FORM**

A5 pads of 100 leaflets: Māori  
**Programme use only.** Information for girls and families for sending home after the three HPV vaccinations

**HE2064 THE HPV POST VACCINATION FORM**

A5 pads of 100 leaflets: Samoan  
**Programme use only.** Information for girls and families for sending home after the three HPV vaccinations

**HE2065 THE HPV POST  
VACCINATION FORM**

A5 pads of 50 leaflets: Tongan  
**Programme use only.** Information for girls and families for sending home after the three HPV vaccinations

**HE2066 THE HPV POST  
VACCINATION FORM**

A5 pads of 50 leaflets: Niuean  
**Programme use only.** Information for girls and families for sending home after the three HPV vaccinations

**HE2067 THE HPV POST  
VACCINATION FORM**

A5 pads of 50 leaflets: Cook Islands Māori  
**Programme use only.** Information for girls and families for sending home after the three HPV vaccinations

**HE2068 THE HPV POST  
VACCINATION FORM**

A5 pads of 50 leaflets: Tokelauan  
**Programme use only.** Information for girls and families for sending home after the three HPV vaccinations

**HE2069 THE HPV POST  
VACCINATION FORM**

A5 pads of 50 leaflets: Tuvaluan  
**Programme use only.** Information for girls and families for sending home after the three HPV vaccinations

**HE2070 THE HPV POST  
VACCINATION FORM**

A5 pads of 50 leaflets: Fijian  
**Programme use only.** Information for girls and families for sending home after the three HPV vaccinations

**For the next sets of It Takes Three posters and postcards, the code letters MEPA denote images of Māori, European, Pasifika, and Asian young women.**

**HE2071 IT TAKES THREE**

Poster A2: multicultural (MMM)  
 Reminding that HPV vaccination requires three doses over a six-month period to provide protection

**HE2072 IT TAKES THREE**

Poster A2: multicultural (MEA)  
 Reminding that HPV vaccination requires three doses over a six-month period to provide protection

**HE2073 IT TAKES THREE**

Poster A2: multicultural (APE)  
 Reminding that HPV vaccination requires three doses over a six-month period to provide protection

**HE2074 IT TAKES THREE**

Poster A2: multicultural (PPP)  
 Reminding that HPV vaccination requires three doses over a six-month period to provide protection

**HE2085 CERVICAL CANCER VACCINE  
DVD**

**Programme use only.** A Simple overview of HPV, cervical cancer and the cervical cancer vaccine, to be used by nurses during information-giving sessions to girls in schools

**HE2090 THE HPV POST  
VACCINATION FORM**

A5 pads of 20 leaflets: Cambodian/Khmer  
**Programme use only.** Information for girls and families for sending home after the three HPV vaccinations

**HE2091 THE HPV POST  
VACCINATION FORM**

A5 pads of 20 leaflets: Arabic  
**Programme use only.** Information for girls and families for sending home after the three HPV vaccinations

**HE2092 THE HPV POST  
VACCINATION FORM**

A5 pads of 50 leaflets: Hindi  
**Programme use only.** Information for girls and families for sending home after the three HPV vaccinations

**HE2093 THE HPV POST  
VACCINATION FORM**

A5 pads of 50 leaflets: Korean  
**Programme use only.** Information for girls and families for sending home after the three HPV vaccinations

**HE2094 THE HPV POST  
VACCINATION FORM**

A5 pads of 100 leaflets: Mandarin  
**Programme use only.** Information for girls and families for sending home after the three HPV vaccinations

**HE2204 BCG VACCINE:  
INFORMATION FOR HEALTH  
PROFESSIONALS\***

Card A5  
 Information for lead maternity carers and other health professionals about TB, which children should be offered the BCG vaccination, and post-vaccination care

**HE2205 BCG VACCINE:  
INFORMATION FOR  
PARENTS\***

Pamphlet DLE: English  
 Information about TB and the BCG vaccination, enabling parents/caregivers to make an informed decision about having their baby vaccinated

**HE2206 BCG VACCINE:  
INFORMATION FOR  
PARENTS**

Pamphlet DLE (online only): Māori  
 Information about TB and the BCG vaccination, enabling parents/caregivers to make an informed decision about having their baby vaccinated  
 (available at [www.healthed.govt.nz](http://www.healthed.govt.nz))

**HE2207 BCG VACCINE:  
INFORMATION FOR  
PARENTS**

Pamphlet DLE: Samoan  
 Information about TB and the BCG vaccination, enabling parents/caregivers to make an informed decision about having their baby vaccinated

**HE2208 BCG VACCINE:  
INFORMATION FOR  
PARENTS**

Pamphlet DLE: Tongan  
 Information about TB and the BCG vaccination, enabling parents/caregivers to make an informed decision about having their baby vaccinated

**HE 2209 BCG VACCINE:  
INFORMATION FOR  
PARENTS**

Pamphlet DLE (online only): Cook Islands Māori  
 Information about TB and the BCG vaccination, enabling parents/caregivers to make an informed decision about having their baby vaccinated  
 (available at [www.healthed.govt.nz](http://www.healthed.govt.nz))

**HE 2210 BCG VACCINE:  
INFORMATION FOR  
PARENTS**

Pamphlet DLE (online only): Niuean  
 Information about TB and the BCG vaccination, enabling parents/caregivers to make an informed decision about having their baby vaccinated  
 (available at [www.healthed.govt.nz](http://www.healthed.govt.nz))

**HE 2211 BCG VACCINE:  
INFORMATION FOR  
PARENTS**

Pamphlet DLE: Tokelauan  
 Information about TB and the BCG vaccination, enabling parents/caregivers to make an informed decision about having their baby vaccinated

**HE 2212 BCG VACCINE:  
INFORMATION FOR  
PARENTS**

Pamphlet DLE (online only): Tuvaluan  
 Information about TB and the BCG vaccination, enabling parents/caregivers to make an informed decision about having their baby vaccinated  
 (available at [www.healthed.govt.nz](http://www.healthed.govt.nz))

**HE 2213 BCG VACCINE:  
INFORMATION FOR  
PARENTS**

Pamphlet DLE (online only): Fijian  
 Information about TB and the BCG vaccination, enabling parents/caregivers to make an informed decision about having their baby vaccinated  
 (available at [www.healthed.govt.nz](http://www.healthed.govt.nz))

**HE 2214 BCG VACCINE:  
INFORMATION FOR  
PARENTS**

Pamphlet DLE: Japanese  
 Information about TB and the BCG vaccination, enabling parents/caregivers to make an informed decision about having their baby vaccinated

**HE 2215 BCG VACCINE:  
INFORMATION FOR  
PARENTS**

Pamphlet DLE: Vietnamese  
Information about TB and the BCG  
vaccination, enabling parents/caregivers to  
make an informed decision about having  
their baby vaccinated

**HE 2216 BCG VACCINE:  
INFORMATION FOR  
PARENTS**

Pamphlet DLE: Myanmar/Burmese  
Information about TB and the BCG  
vaccination, enabling parents/caregivers to  
make an informed decision about having  
their baby vaccinated

**HE 2217 BCG VACCINE:  
INFORMATION FOR  
PARENTS**

Pamphlet DLE: Cambodian/Khmer  
Information about TB and the BCG  
vaccination, enabling parents/caregivers to  
make an informed decision about having  
their baby vaccinated

**HE 2218 BCG VACCINE:  
INFORMATION FOR  
PARENTS**

Pamphlet DLE: Pushto/Afghani  
Information about TB and the BCG  
vaccination, enabling parents/caregivers to  
make an informed decision about having  
their baby vaccinated

**HE 2219 BCG VACCINE:  
INFORMATION FOR  
PARENTS**

Pamphlet DLE: Somali  
Information about TB and the BCG  
vaccination, enabling parents/caregivers to  
make an informed decision about having  
their baby vaccinated

**HE 2220 BCG VACCINE:  
INFORMATION FOR  
PARENTS**

Pamphlet DLE: Amharic  
Information about TB and the BCG  
vaccination, enabling parents/caregivers to  
make an informed decision about having  
their baby vaccinated

**HE 2221 BCG VACCINE:  
INFORMATION FOR  
PARENTS**

Pamphlet DLE: Farsi  
Information about TB and the BCG  
vaccination, enabling parents/caregivers to  
make an informed decision about having  
their baby vaccinated

**HE 2222 BCG VACCINE:  
INFORMATION FOR  
PARENTS**

Pamphlet DLE: Arabic  
Information about TB and the BCG  
vaccination, enabling parents/caregivers to  
make an informed decision about having  
their baby vaccinated

**HE 2223 BCG VACCINE:  
INFORMATION FOR  
PARENTS**

Pamphlet DLE: Korean  
Information about TB and the BCG  
vaccination, enabling parents/caregivers to  
make an informed decision about having  
their baby vaccinated

**HE 2224 BCG VACCINE:  
INFORMATION FOR  
PARENTS**

Pamphlet DLE: Hindi  
Information about TB and the BCG  
vaccination, enabling parents/caregivers to  
make an informed decision about having  
their baby vaccinated

**HE 2225 BCG VACCINE:  
INFORMATION FOR  
PARENTS**

Pamphlet DLE: Chinese  
Information about TB and the BCG  
vaccination, enabling parents/caregivers to  
make an informed decision about having  
their baby vaccinated

**HE2226 BCG VACCINE: AFTER CARE  
FOR PARENTS\***

Leaflet A5: English  
Information on how to look after the  
vaccination site

**HE2227 BCG VACCINE: AFTER CARE  
FOR PARENTS**

Leaflet A5 (online only): Māori  
Information on how to look after the  
vaccination site  
(available at [www.healthed.govt.nz](http://www.healthed.govt.nz))

**HE2228 BCG VACCINE: AFTER CARE FOR PARENTS**

Leaflet A5: Samoan  
Information on how to look after the vaccination site

**HE2229 BCG VACCINE: AFTER CARE FOR PARENTS**

Leaflet A5: Tongan  
Information on how to look after the vaccination site

**HE2230 BCG VACCINE: AFTER CARE FOR PARENTS**

Leaflet A5 (online only): Cook Islands Māori  
Information on how to look after the vaccination site  
(available at [www.healthed.govt.nz](http://www.healthed.govt.nz))

**HE2231 BCG VACCINE: AFTER CARE FOR PARENTS**

Leaflet A5 (online only): Niuean  
Information on how to look after the vaccination site  
(available at [www.healthed.govt.nz](http://www.healthed.govt.nz))

**HE2232 BCG VACCINE: AFTER CARE FOR PARENTS**

Leaflet A5: Tokelauan  
Information on how to look after the vaccination site

**HE2233 BCG VACCINE: AFTER CARE FOR PARENTS**

Leaflet A5 (online only): Tuvaluan  
Information on how to look after the vaccination site  
(available at [www.healthed.govt.nz](http://www.healthed.govt.nz))

**HE2234 BCG VACCINE: AFTER CARE FOR PARENTS**

Leaflet A5 (online only): Fijian  
Information on how to look after the vaccination site  
(available at [www.healthed.govt.nz](http://www.healthed.govt.nz))

**HE2235 BCG VACCINE: AFTER CARE FOR PARENTS**

Leaflet A5: Japanese  
Information on how to look after the vaccination site

**HE2236 BCG VACCINE: AFTER CARE FOR PARENTS**

Leaflet A5: Vietnamese  
Information on how to look after the vaccination site

**HE2237 BCG VACCINE: AFTER CARE FOR PARENTS**

Leaflet A5: Myanmar/Burmese  
Information on how to look after the vaccination site

**HE2238 BCG VACCINE: AFTER CARE FOR PARENTS**

Leaflet A5: Cambodian/Khmer  
Information on how to look after the vaccination site

**HE2239 BCG VACCINE: AFTER CARE FOR PARENTS**

Leaflet A5: Pushto/Afghani  
Information on how to look after the vaccination site

**HE2240 BCG VACCINE: AFTER CARE FOR PARENTS**

Leaflet A5: Somali  
Information on how to look after the vaccination site

**HE2241 BCG VACCINE: AFTER CARE FOR PARENTS**

Leaflet A5: Amharic  
Information on how to look after the vaccination site

**HE2242 BCG VACCINE: AFTER CARE FOR PARENTS**

Leaflet A5: Farsi  
Information on how to look after the vaccination site

**HE2243 BCG VACCINE: AFTER CARE FOR PARENTS**

Leaflet A5: Arabic  
Information on how to look after the vaccination site

**HE2244 BCG VACCINE: AFTER CARE FOR PARENTS**

Leaflet A5: Korean  
Information on how to look after the vaccination site

**HE2245 BCG VACCINE: AFTER CARE FOR PARENTS**

Leaflet A5: Hindi  
Information on how to look after the vaccination site

**HE2246 BCG VACCINE: AFTER CARE FOR PARENTS**

Leaflet A5: Chinese  
Information on how to look after the vaccination site

**HE2253 HPV APPOINTMENT CARDS**

Wallet-sized card  
Reminder card for second and third HPV  
vaccination follow-ups

**HE2254 HPV QUESTIONS AND ANSWERS**

Booklet A5  
Frequently asked questions and answers

**HE7011 IMMUNISATION SCHEDULE**

Card A6  
Reminder schedule (for health  
professionals only) with procedures for  
dealing with anaphylaxis on reverse

**HE7013 IMMUNISATION CERTIFICATE**

A5 pad of 25 leaflets  
Stand-alone form replicating page in *Well  
Child* (code HE7012)

**HE10146 VACCINATION AGAINST TUBERCULOSIS**

Card A6  
Information for people who have recently  
had a TB vaccination

**HP4584 PNEUMOCOCCAL VACCINE**

A5 pad of 50 leaflets  
Information on the pneumococcal vaccine  
and the 2008 National Immunisation  
schedule, couched as frequently asked  
questions

## Māori Health

**HE1107 IMMUNISATION GUIDELINES FOR KURA KAUPAPA\***

Booklet A5: Māori  
Information for kura

**HE1110 DOES YOUR CHILD START SCHOOL SOON?\***

Poster A2 portrait: Māori  
Information for parents on the need to  
provide an Immunisation Certificate for  
kura

**HE1112 IMMUNISATION REGISTER FOR KŌHANGA REO AND KURA KAUPAPA\***

Sheet A3, folded to A4: Māori  
Class immunisation register for kōhanga  
reo and kura kaupapa Māori

**HE1115 DOES YOUR CHILD START SCHOOL SOON?\***

A5 pad of 25 leaflets: Māori  
Information in for whānau, advising of  
the need to provide an Immunisation  
Certificate for kura

**HE1120 KOTAHI TE HIKARETI NUI NOA ATU TE MATE/EVERY CIGARETTE IS DOING YOU DAMAGE\***

Poster A2 portrait: headings Māori/English  
Quit poster showing fatty deposits in main  
blood vessel from the heart

**HE1155 KEEPING WELL WITH DIABETES\***

Booklet A5: Māori  
Guidelines in for managing late onset  
diabetes

**HE1305 WAHI AUAAHI KORE/ SMOKEFREE AREA\***

Standing sign 600 mm x 700 mm: Māori/  
English  
Tabletop sign for restaurants and cafes

**HE1314 YEAR 7 IMMUNISATION: SCHOOL PROGRAMME\***

A5 pad of 25 leaflets: Māori  
Post-vaccination letter

**HE1326 KOTAHI TE HIKARETI NUI NOA ATU TE MATE/EVERY CIGARETTE IS DOING YOU DAMAGE\***

Postcard: Māori/English  
On the connection of smoking to blindness

**HE1414 GLUE EAR/TARINGA HOI\***

Pamphlet DLE: headings Māori/English  
Information on glue ear in children

**HE1415 TARINGA HOI/GLUE EAR\***

Leaflet A5: headings Māori/English  
A fact sheet for Māori repeating key  
messages about glue ear from the pamphlet  
(code HE1414)

**HE1416 EARACHE/TE TARINGA NGAU\***

Pamphlet DLE: headings Māori/English  
Information on earache in children

**HE1417 TE TARINGA NGAU/  
EARACHE\***

Leaflet A5: headings Māori/English  
A fact sheet for Māori, repeating key messages about earache and glue ear from the pamphlet (code HE1416)

**HE1420 YOUR PREGNANCY/TŌ  
HAPŪTANGA\***

Booklet A5: headings Māori/English  
On being pregnant, giving birth, the first few weeks after the birth, and the roles and responsibilities of LMCs (Lead Maternity Carers)

**HE1440 ORANGA KAI/HEALTHY  
EATING FOR ADULT MĀORI\***

Booklet A5: headings Māori/English  
Basic nutrition advice for adult Māori

**HE1512 AUAHI KORE I NGĀ WĀ  
KATOĀ\***

Sticker 200 mm x 50 mm: Māori  
A back-adhesive sticker for schools and other smokefree areas in compliance with the changes to the Smoke-free Environments Act 1990

**HE1513 AUAHI KORE I NGĀ WĀ  
KATOĀ\***

Sticker 200 mm x 50 mm: Māori  
A front-adhesive sticker for schools and other smokefree areas in compliance with the changes to the Smoke-free Environments Act 1990

**HE1531 IMMUNISE YOUR CHILDREN\***

Pamphlet DLE: Māori  
Information on child immunisation

**HE1543 NATIONAL IMMUNISATION  
REGISTER (NIR)\***

Pamphlet DLE: Māori  
Information for parents and caregivers, covering frequently asked questions about the computerised record of immunisations

**HE1556 WASH YOUR HANDS/  
HORŌIA O RINGARINGA\***

Sticker 100 mm x 100 mm: Māori/English  
For use in bathrooms and restrooms

**HE1605 RELAPSE/MATAHOKI\***

Booklet A5: headings Māori/English  
"I thought I had quit smoking, but ..." for use with relapsed smokers

**HE1607 SMOKING KILLS/KA MATE  
KOE I TE KAI HIKARETI\***

Sign (laminated) A4: Māori/English  
Smokefree promotion

**HE1704 TALKING WITH YOUR  
TEENAGER/RANGATAHI  
ABOUT SAFER SEX\***

Pamphlet A5: English  
Information about safe sexual practices for parents and caregivers to share with teenagers

**HE1835 TIAKINA O Ū/LOOK AFTER  
YOUR BREASTS\***

Pamphlet DLE: headings Māori/English  
Offers general information on national breast screening programme

**HE1836 TIAKINA O Ū/LOOK AFTER  
YOUR BREASTS\***

Poster A3 portrait: Māori/English  
Promotes the national breast screening programme to Māori women

**HE1837 CERVICAL SCREENING:  
WHAT WĀHINE NEED TO  
KNOW/ATAWHAITIA TE  
WHARETANGATA\***

Pamphlet DLE: headings Māori/English  
Promotes and explains cervical screening to Māori women

**HE1838 CERVICAL SCREENING:  
WHAT WĀHINE NEED TO  
KNOW/ATAWHAITIA TE  
WHARETANGATA\***

Poster A3 portrait: Māori/English  
Promotes and explains cervical screening to Māori women

**HE1908 TE PŪNAHA WHAKARŌPŪ I  
TE KAI ME TE INU MŌ NGĀ  
RĀTONGA MĀTAURANGA  
KŌHUNGAHUNGA\***

Card case containing two books (A4 landscape and stand-up format 210 mm x 220 mm)

Māori version of HE1902 (see Nutrition and Physical Activity section)

**HE1911 TE PŪNAHA WHAKARŌPŪ I  
TE KAI ME TE INU MŌ NGĀ  
TAU 1 KI TE 13\***

**Card case containing two books (both A4 landscape)**

Māori version of HE1903 (see Nutrition and Physical Activity section)

**HE1913 GETTING READY FOR A FLU  
PANDEMIC\***

Pamphlet DLE: Māori

Advice on planning for an influenza pandemic

**HE1914 GETTING READY FOR A FLU  
PANDEMIC FOR WHĀNAU,  
HUI, MARAE, TANGIHANGA\***

Pamphlet DLE: Māori

Advice on planning for an influenza pandemic in relation to gatherings and on use of the marae during a pandemic

**HE1915 IMMUNISE YOUR CHILDREN\***  
DVD 3 tracks

Three versions (for general, Māori and Pacific audiences) of an introduction to immunisation for health professionals to show to antenatal and new parent audiences

**HE1917 IMMUNISE YOUR CHILDREN  
(MĀORI)\***

Video 9.37 minutes

An introduction to immunisation for health professionals to show to antenatal and new parent audiences

**HE2015 CERVICAL CANCER  
VACCINE\***

Pamphlet DLE: Māori

Information for whānau about the vaccination to protect girls and young women against the human papillomavirus (HPV)

**Additional HPV resources of interest to the Māori community are listed in the Immunisation section.**

**HE4328 HAERE MAI AUAAHI KORE/  
SMOKEFREE\***

Sticker A6: Māori

Koru design smokefree sticker for entranceways to public places

**HE4595 MANA WĀHINE\***

Frieze (6 panel) A5

Pictorial treatment of cervical screening, related to women's health

**HE4874 KA TAEA TŌ TAMAITI TE  
RONGO?/CAN YOUR CHILD  
HEAR?**

Poster A3 portrait: Māori/English

Reminder of the need to check your child's hearing

**HE4934 ORANGA NIHO ORANGA  
KATA\***

A5 pad of 25 leaflets

Information on dental hygiene for parents and caregivers of tamariki

**HE8035 E TE WHĀNAU AWHI MAI/MY  
BABY WILL BE MĀORI AND  
SMOKEFREE\***

Pamphlet DLE: Māori/English

Warning of the effects of smoking on the unborn baby (under review)

**HE8049 PREGNANT? WORRIED  
ABOUT HIV/AIDS?\***

Poster 820 mm x 190 mm

HIV testing in pregnancy (under review)

**HE8057 MY BABY WILL BE MĀORI  
AND SMOKEFREE\***

Poster A2 portrait

Smokefree pregnancy

**HE9029 FOOD FOR HEALTH/KAI PAI  
MŌ TE HAUORA\***

Pamphlet DLE

Key nutrition messages (under review)

**HE9061 HEPATITIS B/MATE ATE  
KAKĀ\***

Pamphlet DLE: Māori/English

Information on hepatitis B

**HP4667 B4 SCHOOL CHECK:  
INFORMATION FOR  
PARENTS AND GUARDIANS\***

Pamphlet DLE: Māori

Pamphlet introducing and explaining the final Well Child health check at four years, including consent form

## Mental Health

### HE7015 STRESSED OUT

Booklet A5

Cartoon-style information for teenagers on handling life pressures and stresses

### HE8002 ANGER, CONFLICT, BULLYING

Pamphlet CD-sized  
Ways of coping

### HE8003 FEELING GOOD

Pamphlet CD sized  
Positive thinking and self-acceptance

### HE8004 GOOD COMMUNICATION

Pamphlet CD sized  
Ways of talking and listening

### HE8005 GRIEF AND LOSS

Pamphlet CD sized  
Strategies for dealing with personal loss and grief or for helping others to do so

### HE9010 EVERYDAY PEOPLE AND MENTAL ILLNESS

Booklet A5  
General information on mental illness

## Miscellaneous

### HE1304 DANCE PARTY GOERS – WHAT U SHOULD KNOW\*

Pamphlet CD sized  
Safe choices for dance-party goers

### HE1404 CANNABIS AND YOUR HEALTH\*

Pamphlet CD sized  
Information about the possible effects of cannabis on health

### HE1804 WORKING FOR A BETTER FUTURE

Booklet  
Booklet promoting career choices in public health and suggesting possible training pathways together with details of where to source further information

### HE10163 PROTECTING YOUR HEALTH IN AN EMERGENCY

Booklet A5  
Preparing for a disaster

## New Immigrants' Health

Access to the resources in this section is generally restricted to professionals working directly with new immigrants.

### HE1432 LATENT TUBERCULOSIS\*

Pamphlet DLE: Chinese  
Information on the risk of latent TB infection and what actions to take

### HE1433 LATENT TUBERCULOSIS\*

Pamphlet DLE: Arabic  
Information on the risk of latent TB infection and what actions to take

### HE1434 LATENT TUBERCULOSIS\*

Pamphlet DLE: Somali  
Information on the risk of latent TB infection and what actions to take

### HE1435 LATENT TUBERCULOSIS\*

Pamphlet DLE: Amharic  
Information on the risk of latent TB infection and what actions to take

### HE1436 LATENT TUBERCULOSIS\*

Pamphlet DLE: Farsi  
Information on the risk of latent TB infection and what actions to take

### HE1523 HEALTHY FAMILY FOOD

Pamphlet DLE: English  
Healthy food choices illustrated, with short captions

### HE1524 CARING FOR TEETH

Pamphlet DLE: English  
Dental care illustrated, with short captions

### HE1525 WE NEED HEALTHY FOOD

Poster A3 portrait: Somali  
Poster showing children with healthy food choices

### HE1526 HEALTHY FOOD MAKES US GROW

Poster A3 portrait: Farsi  
Poster showing a family enjoying a healthy meal of traditional foods

### HE1527 HEALTHY FOOD HEALTHY FAMILY

Poster A3 portrait: Arabic  
Poster showing a family enjoying a healthy meal of traditional foods

**HE1528 NEVER SMOKE AROUND CHILDREN**

Poster A3 portrait: Somali  
Poster showing young children near an adult who is smoking

**HE1529 DON'T SMOKE IN YOUR CAR**

Poster A3 portrait: Chinese, simplified  
Poster showing a family in a car with one parent smoking

**HE1530 CIGARETTE SMOKE HARMS YOUR FAMILY**

Poster A3 portrait: Arabic  
Poster showing a family with one parent smoking

**HE1711 HEALTHY FOOD AND DRINKS**

Poster A2 portrait: English  
Poster showing four main healthy food groups, together with examples of unhealthy foods

**HE1712 TAKE CARE OF YOUR TEETH**

Poster A2 portrait: English  
Poster showing foods and drinks that promote or damage oral health

## Nutrition and Physical Activity

**HE1104 LIFE'S A GAME OF TWO HALVES**

Poster A2 portrait  
Encouraging men to eat well and to exercise (under review)

**HE1145 EATING WELL FOR HEALTHY OLDER PEOPLE/TE KAI TŌTIKA E ORA AI TE HŪNGA KAUMĀTUA\***

Booklet A5  
Food information

**HE1230 EATING FOR HEALTHY TEENAGERS: A TEENAGER'S GUIDE TO HEALTHY EATING**

Booklet DLE  
Food information

**HE1250 PREVENTING OSTEOPOROSIS: LOOKING AFTER YOUR BONES\***

Booklet A5  
Signs of osteoporosis, risk factors, prevention and diet advice

**HE1254 BE ACTIVE EVERY DAY**

Pamphlet DLE  
Information on physical activity

**HE1302 EATING FOR HEALTHY CHILDREN AGED 2–12/TE KAI TŌTIKA MŌ TE HUNGA KŌHUNGAHUNGA**

Booklet A5  
Food information

**HE1324 HEALTHY WEIGHT FOR ADULTS**

Booklet A5  
Food information

**HE1332 SERVINGS PER DAY: HOW MUCH DO WE NEED?**

Poster A2  
Showing serving sizes from the four main food groups

**HE1333 EVERYDAY EATING FOR HEALTH**

Pamphlet DLE  
Basic nutrition messages for low-literacy adults

**HE1440 ORANGA KAI/HEALTHY EATING FOR ADULT MĀORI\***

Booklet A5: headings Māori/English  
Basic nutrition advice for adult Māori

**HE1518 EATING FOR HEALTHY ADULT NEW ZEALANDERS/TE KAI TŌTIKA MŌ TE HUNGA PAKEKE O AOTEAROA**

Booklet A5  
Food information

**HE1519 EATING FOR HEALTHY VEGETARIANS/TE KAI TŌTIKA MĀ TE HUNGA PUKU-HUAWHENUA**

Booklet A5  
Food information

**HE1521 EATING FOR HEALTHY BABIES AND TODDLERS/TE KAI TŌTIKA MŌ TE HUNGA KŌHUNGAHUNGA**

Booklet A5  
Food information

**HE1805 EATING FOR HEALTHY  
PREGNANT WOMEN/NGĀ  
KAI TŌTIKA MĀ TE WAHINE  
HĀPU\***

Booklet A5

Food information (revision of HE6002)

**HE1806 EATING FOR HEALTHY  
BREASTFEEDING WOMEN/  
NGĀ KAI TŌTIKA MĀ TE  
UKAIPO\***

Booklet A5

Food information (revision of HE6003)

**HE1902 FOOD AND BEVERAGE  
CLASSIFICATION SYSTEM  
FOR EARLY CHILDHOOD  
EDUCATION SERVICES (KIT)**

**Card case containing two books  
(A4 landscape and stand-up format  
210 mm x 220 mm)**

The *User Guide* applies the categories: everyday; sometimes; and occasional foods as a tool for identifying healthy food and beverage options. *Recipes* (on wipe-clean pages) is a collection of nutritious snacks and meals for children in early childhood settings

**HE1903 FOOD AND BEVERAGE  
CLASSIFICATION SYSTEM  
FOR YEARS 1–13 (KIT)\***

**Card case containing two books (both A4  
landscape)**

The *User Guide* applies the categories: everyday; sometimes; and occasional foods as a tool for identifying healthy food and beverage options. The *Catering Guide* is directed to canteen managers, caterers and those preparing foods for consumption on school premises

**HE1908 TE PŪNAHA WHAKARŌPŪ I  
TE KAI ME TE INU MŌ NGĀ  
RATONGA MĀTAURANGA  
KŌHUNGAHUNGA\***

**Card case containing two books (A4  
landscape and stand-up format 210 mm x  
220 mm)**

Māori version of HE1902 (see above)

**HE1911 TE PŪNAHA WHAKARŌPŪ I  
TE KAI ME TE INU MŌ NGĀ  
TAU 1 KI TE 13\***

**Card case containing two books (both A4  
landscape)**

Māori version of HE1903 (see above)

**HE6014 STARTING SOLIDS\***

A5 pad of 25 leaflets

Food information

**HE9012 BE ACTIVE EVERY DAY/KIA  
KORI I NGĀ RĀ KATOA\***

Poster A3 landscape

Poster encouraging at least 30 minutes of activity every day

**HE9024 FOOD FOR HEALTH/KAI PAI  
MŌ TE HAUORA**

Poster A2 landscape

Showing healthy foods

**HE9028 FOOD FOR HEALTH/KAI PAI  
MŌ TE HAUORA\***

Pamphlet DLE: English

Key food messages

**HE9029 FOOD FOR HEALTH**

Pamphlet DLE: Māori

Key food messages (under review)

**HE9030 FOOD FOR HEALTH\***

Pamphlet DLE: Samoan

Key food messages (under review)

**HE9031 FOOD FOR HEALTH\***

Pamphlet DLE: Tongan

Key food messages (under review)

**HE9032 FOOD FOR HEALTH\***

Pamphlet DLE: Niuean

Key food messages (under review)

**HE9033 FOOD FOR HEALTH\***

Pamphlet DLE: Fijian

Key food messages (under review)

**HE9034 FOOD FOR HEALTH\***

Pamphlet DLE: Cook Islands Māori

Key food messages (under review)

**HE9035 FOOD FOR HEALTH\***

Pamphlet DLE: Tokelauan

Key food messages (under review)

**HE9060 SOY-BASED INFANT  
FORMULA\***

A5 pad of 25 leaflets

Information for parents about soy-based milk alternatives

## Older People's Health

### HE1145 EATING WELL FOR HEALTHY OLDER PEOPLE/TE KAI TŌTIKA E ORA AI TE HŪNGA KAUMĀTUA\*

Booklet A5  
Food information

### HE1148 AGEING WELL: HOW TO BE THE BEST YOU CAN BE

Booklet A5  
General health information for older people

### HE1250 PREVENTING OSTEOPOROSIS: LOOKING AFTER YOUR BONES\*

Booklet A5  
Signs of osteoporosis, risk factors, prevention and diet advice

### HE1617 INFORMATION FOR EMPLOYERS ABOUT THE SMOKE-FREE LAW RELATING TO HOSPITALS, REST HOMES AND RESIDENTIAL DISABILITY CARE INSTITUTIONS\*

Pamphlet DLE  
Requirements of changes to the Smoke-free Environments Act 1990  
(available only on [www.healthed.govt.nz](http://www.healthed.govt.nz))

### HE10120 INFORMATION FOR WOMEN AGED 70 YEARS AND OVER\*

Pamphlet DLE  
Breast screening information

## Oral Health

### HE1253 DENTAL HEALTH AND FLUORIDE

Pamphlet DLE (online only)  
Information about fluoride and prevention of tooth decay  
(available at [www.healthed.govt.nz](http://www.healthed.govt.nz))

### HE2248 IT'S EASY TO PROTECT YOUR FAMILY'S SMILE

Booklet A4: English  
An explanation of the free basic oral health service available from birth until the eighteenth birthday, together with advice about cleaning and looking after teeth and about healthy food for healthy teeth

### HE2259 IT'S EASY TO PROTECT YOUR FAMILY'S SMILE

Booklet A4: Māori  
An explanation of the free basic oral health service available from birth until the eighteenth birthday, together with advice about cleaning and looking after teeth and about healthy food for healthy teeth

### HE2260 IT'S EASY TO PROTECT YOUR FAMILY'S SMILE

Booklet A4: Samoan  
An explanation of the free basic oral health service available from birth until the eighteenth birthday, together with advice about cleaning and looking after teeth and about healthy food for healthy teeth

### HE2261 IT'S EASY TO PROTECT YOUR FAMILY'S SMILE

Booklet A4: Cook Islands Māori  
An explanation of the free basic oral health service available from birth until the eighteenth birthday, together with advice about cleaning and looking after teeth and about healthy food for healthy teeth

### HE2262 IT'S EASY TO PROTECT YOUR FAMILY'S SMILE

Booklet A4: Niuean  
An explanation of the free basic oral health service available from birth until the eighteenth birthday, together with advice about cleaning and looking after teeth and about healthy food for healthy teeth

### HE2263 IT'S EASY TO PROTECT YOUR FAMILY'S SMILE

Booklet A4: Tokelauan  
An explanation of the free basic oral health service available from birth until the eighteenth birthday, together with advice about cleaning and looking after teeth and about healthy food for healthy teeth

### HE2264 IT'S EASY TO PROTECT YOUR FAMILY'S SMILE

Booklet A4: Tongan  
An explanation of the free basic oral health service available from birth until the eighteenth birthday, together with advice about cleaning and looking after teeth and about healthy food for healthy teeth

**HE2265 HAVE YOU HEARD? A FREE ORAL HEALTH SERVICE**

Poster A3 (pink)

A reminder to access the free basic oral health service available from birth until the eighteenth birthday

**HE2266 HAVE YOU HEARD? A FREE ORAL HEALTH SERVICE**

Poster A3 (blue)

A reminder to access the free basic oral health service available from birth until the eighteenth birthday

**HE2267 HAVE YOU HEARD? A FREE ORAL HEALTH SERVICE**

Poster A3 (green)

A reminder to access the free basic oral health service available from birth until the eighteenth birthday

**HE2268 IT'S EASY TO PROTECT YOUR FAMILY'S SMILE**

Poster A3 (pink)

A reminder to access the free basic oral health service available from birth until the eighteenth birthday

**HE2269 IT'S EASY TO PROTECT YOUR FAMILY'S SMILE**

Poster A3 (blue)

A reminder to access the free basic oral health service available from birth until the eighteenth birthday

**HE2270 IT'S EASY TO PROTECT YOUR FAMILY'S SMILE**

Poster A3 (green)

A reminder to access the free basic oral health service available from birth until the eighteenth birthday

**HE2274 IT'S EASY TO PROTECT YOUR FAMILY'S SMILE**

Booklet A4 (online only): Tuvaluan

An explanation of the free basic oral health service available from birth until the eighteenth birthday, together with advice about cleaning and looking after teeth and about healthy food for healthy teeth (available at [www.healthed.govt.nz](http://www.healthed.govt.nz))

**HE4927/1 DENTAL HYGIENE****HE4927/2 DENTAL DINNER****HE4927/3 DENTAL THERAPIST****HE4927/4 DENTAL MUSIC**

Set of four posters A3 portrait  
Action cartoons for preschool/junior primary

**HE4928 PERIODONTAL DISEASE**

A5 pad of 25 leaflets  
Signs and care

**HE4930 FISSURE SEALANT**

A5 pad of 25 leaflets  
Information for parents and caregivers

**HE4931 TOOTH BRUSHING**

A5 pad of 25 leaflets  
Information for parents and caregivers

**HE4934 ORANGA NIHO ORANGA KATA\***

A5 pad of 25 leaflets  
Information on dental hygiene for parents and caregivers of tamariki

**HE7016 FLUORIDE GIVES YOU BETTER TEETH FOR LIFE**

Poster A2 landscape  
Fluoride promotion

## Pacific People's Health

**HE1139 ALL THESE PEOPLE QUALIFY FOR FREE INFLUENZA IMMUNISATION\***

Poster A3 portrait: Samoan  
Information on free influenza immunisation for people over 65 or with certain medical conditions (under review)

**HE1141 ALL THESE PEOPLE QUALIFY FOR FREE INFLUENZA IMMUNISATION\***

Poster A3 portrait: Niuean  
Information on free influenza immunisation for people over 65 or with certain medical conditions (under review)

**HE1151 FREE CHECK FOR PEOPLE WITH DIABETES\***

Poster A3 portrait: Cook Islands Māori  
Promotion of free diabetes testing

**HE1153 FREE CHECK FOR PEOPLE WITH DIABETES\***

Poster A3 portrait: Niuean  
Promotion of free diabetes testing

**HE1156 KEEPING WELL WITH DIABETES\***

Booklet A5: Samoan  
Guidelines for managing late-onset diabetes

**HE1157 KEEPING WELL WITH DIABETES\***

Booklet A5: Cook Islands Māori  
Guidelines for managing late-onset diabetes

**HE1158 KEEPING WELL WITH DIABETES\***

Booklet A5: Tongan  
Guidelines for managing late-onset diabetes

**HE1159 KEEPING WELL WITH DIABETES\***

Booklet A5: Niuean  
Guidelines for managing late-onset diabetes

**HE1315 YEAR 7 IMMUNISATION: SCHOOL PROGRAMME\***

A5 pad of 25 leaflets: Samoan  
Post-vaccination letter

**HE1316 YEAR 7 IMMUNISATION: SCHOOL PROGRAMME\***

A5 pad of 25 leaflets: Tongan  
Post-vaccination letter

**HE1317 YEAR 7 IMMUNISATION: SCHOOL PROGRAMME\***

A5 pad of 25 leaflets: Niuean  
Post-vaccination letter

**HE1318 YEAR 7 IMMUNISATION: SCHOOL PROGRAMME\***

A5 pad of 25 leaflets: Cook Islands Māori  
Post-vaccination letter

**HE1319 YEAR 7 IMMUNISATION: SCHOOL PROGRAMME\***

A5 pad of 25 leaflets: Tokelauan  
Post-vaccination letter

**HE1409 MENINGITIS (MENINGOCOCCAL DISEASE) IS SERIOUS\***

Poster A4: Tongan  
Information about symptoms of meningococcal disease and what actions to take (under review)

**HE1411 MENINGITIS (MENINGOCOCCAL DISEASE) IS SERIOUS\***

Poster A4: Niuean  
Information about symptoms of meningococcal disease and what actions to take (under review)

**HE1532 IMMUNISE YOUR CHILDREN\***

Pamphlet DLE: Samoan  
Information on childhood immunisation

**HE1533 IMMUNISE YOUR CHILDREN\***

Pamphlet DLE: Tongan  
Information on childhood immunisation

**HE1534 IMMUNISE YOUR CHILDREN\***

A3 sheet, folded to A4: Niuean  
Information on childhood immunisation

**HE1535 IMMUNISE YOUR CHILDREN\***

A3 sheet, folded to A4: Cook Islands Māori  
Information on childhood immunisation

**HE1536 IMMUNISE YOUR CHILDREN\***

A3 sheet, folded to A4: Tokelauan  
Information on childhood immunisation

**HE1537 IMMUNISE YOUR CHILDREN\***

A3 sheet, folded to A4: Fijian  
Information on childhood immunisation

**HE1544 NATIONAL IMMUNISATION REGISTER (NIR)\***

Pamphlet DLE: Samoan  
Information for parents and caregivers, covering frequently asked questions about the computerised record of immunisations

**HE1545 NATIONAL IMMUNISATION REGISTER (NIR)\***

Pamphlet DLE: Tongan  
Information for parents and caregivers, covering frequently asked questions about the computerised record of immunisations

**HE1546 NATIONAL IMMUNISATION REGISTER (NIR)\***

A3 sheet, folded to A4: Niuean  
Information for parents and caregivers, covering frequently asked questions about the computerised record of immunisations

**HE1547 NATIONAL IMMUNISATION REGISTER (NIR)\***

A3 sheet, folded to A4: Cook Islands Māori  
Information for parents and caregivers,  
covering frequently asked questions about  
the computerised record of immunisations

**HE1548 NATIONAL IMMUNISATION REGISTER (NIR)\***

A3 sheet, folded to A4: Tokelauan  
Information for parents and caregivers,  
covering frequently asked questions about  
the computerised record of immunisations

**HE1549 NATIONAL IMMUNISATION REGISTER (NIR)\***

A3 sheet, folded to A4: Fijian  
Information for parents and caregivers,  
covering frequently asked questions about  
the computerised record of immunisations

**HE1610 MY HEALTH AFFECTS MY FAMILY\***

Poster A3 portrait: Samoan  
Pacific group photo text promoting cervical  
screening

**HE1611 MY HEALTH AFFECTS MY FAMILY\***

Poster A3 portrait: Tongan  
Pacific group photo promoting cervical  
screening

**HE1612 MY HEALTH AFFECTS MY FAMILY\***

Poster A3 portrait: Cook Islands Māori  
Pacific group photo text promoting cervical  
screening

**HE1613 MY HEALTH AFFECTS MY FAMILY\***

Poster A3 portrait: Niuean  
Pacific group photo promoting cervical  
screening

**HE1614 MY HEALTH AFFECTS MY FAMILY\***

Poster A3 portrait: Tokelauan  
Pacific group photo promoting cervical  
screening

**HE1615 MY HEALTH AFFECTS MY FAMILY\***

Poster A3 portrait: Tuvaluan  
Pacific group photo promoting cervical  
screening

**HE1616 MY HEALTH AFFECTS MY FAMILY\***

Poster A3 portrait: Fijian  
Pacific group photo promoting cervical  
screening

**HE1707 YOU AND YOUR TEENAGER\***

Pamphlet A5: Samoan  
Information about safe sexual practices,  
for parents and caregivers to share with  
teenagers

**HE1708 YOU AND YOUR TEENAGER\***

Pamphlet A5: Niuean  
Information about safe sexual practices,  
for parents and caregivers to share with  
teenagers

**HE1709 YOU AND YOUR TEENAGER\***

Pamphlet A5: Tongan  
Information about safe sexual practices,  
for parents and caregivers to share with  
teenagers

**HE1710 YOU AND YOUR TEENAGER\***

Pamphlet A5: Cook Islands Māori  
Information about safe sexual practices,  
for parents and caregivers to share with  
teenagers

**HE1823 CERVICAL SCREENING\***

Poster A3 portrait: English  
Promoting regular cervical screening to  
Pacific communities

**HE1824 CERVICAL SCREENING\***

Poster A3 portrait: Samoan  
Promoting regular cervical screening to  
Pacific communities

**HE1825 CERVICAL SCREENING\***

Poster A3 portrait: Tongan  
Promoting regular cervical screening to  
Pacific communities

**HE1826 CERVICAL SCREENING\***

Poster A3 portrait: Cook Islands Māori  
Promoting regular cervical screening to  
Pacific communities

**HE1827 CERVICAL SCREENING\***

Poster A3 portrait: Niuean  
Promoting regular cervical screening to  
Pacific communities

**HE1828 CERVICAL SCREENING\***

Poster A3 portrait: Fijian  
Promoting regular cervical screening to Pacific communities

**HE1829 CERVICAL SCREENING\***

Poster A3 portrait: Tokelauan  
Promoting regular cervical screening to Pacific communities

**HE1830 CERVICAL SCREENING\***

Poster A3 portrait: Tuvaluan  
Promoting regular cervical screening to Pacific communities

**HE1831 CERVICAL SCREENING:  
WHAT PACIFIC WOMEN  
NEED TO KNOW\***

Pamphlet DLE: English  
Explaining the benefits of regular cervical screening to Pacific communities

**HE1915 IMMUNISE YOUR CHILDREN\***

DVD 3 tracks  
Three versions (for general, Māori and Pacific audiences) of an introduction to immunisation for health professionals to show to antenatal and new-parent audiences

**HE1918 IMMUNISE YOUR CHILDREN  
(PACIFIC)\***

Video 11.23 minutes  
An introduction to immunisation for health professionals to show to antenatal and new-parent audiences

**HE2016 CERVICAL CANCER  
VACCINE\***

Pamphlet DLE: Samoan  
Information for parents, guardians and their daughters about the vaccination to protect girls and young women against the human papillomavirus (HPV)

**HE2017 CERVICAL CANCER  
VACCINE\***

Pamphlet DLE: Tongan  
Information for parents, guardians and their daughters about the vaccination to protect girls and young women against the human papillomavirus (HPV)

**Additional HPV resources of interest to the Pacific community are listed in the Immunisation section.**

**HE7027 USEFUL INFORMATION  
CHILDREN 0–5\***

Booklet A5: Samoan  
Key health messages – mainly for use with *Well Child* (code HE7012) (currently unavailable)

**HE7028 USEFUL INFORMATION  
CHILDREN 0–5\***

Booklet A5: Tongan  
Key health messages – mainly for use with *Well Child* (code HE7012) (currently unavailable)

**HE7029 USEFUL INFORMATION  
CHILDREN 0–5\***

Booklet A5: Niuean  
Key health messages – mainly for use with *Well Child* (code HE7012) (currently unavailable)

**HE7030 USEFUL INFORMATION  
CHILDREN 0–5\***

Booklet A5: Tokelauan  
Key health messages – mainly for use with *Well Child* (code HE7012) (currently unavailable)

**HE7031 USEFUL INFORMATION  
CHILDREN 0–5\***

Booklet A5: Cook Islands Māori  
Key health messages – mainly for use with *Well Child* (code HE7012) (currently unavailable)

**HE8050 PREGNANT? WORRIED  
ABOUT HIV AND AIDS?\***

Poster 820 mm x 190 mm: Samoan  
Information on HIV testing in pregnancy (under review)

**HE8051 PREGNANT? WORRIED  
ABOUT HIV AND AIDS?\***

Poster 820 mm x 190 mm: Tongan  
Information on HIV testing in pregnancy (under review)

**HE8052 PREGNANT? WORRIED  
ABOUT HIV AND AIDS?\***

Poster 820 mm x 190 mm: Niuean  
Information on HIV testing in pregnancy (under review)

**HE8053 PREGNANT? WORRIED ABOUT HIV AND AIDS?\***

Poster 820 mm x 190 mm: Tokelauan  
Information on HIV testing in pregnancy  
(under review)

**HE8054 PREGNANT? WORRIED ABOUT HIV AND AIDS?\***

Poster 820 mm x 190 mm: Cook Islands Māori  
Information on HIV testing in pregnancy  
(under review)

**HE9030 FOOD FOR HEALTH\***

Pamphlet DLE: Samoan  
Key food messages (under review)

**HE9031 FOOD FOR HEALTH\***

Pamphlet DLE: Tongan  
Key food messages (under review)

**HE9032 FOOD FOR HEALTH\***

Pamphlet DLE: Niuean  
Key food messages (under review)

**HE9033 FOOD FOR HEALTH\***

Pamphlet DLE: Fijian  
Key food messages (under review)

**HE9034 FOOD FOR HEALTH\***

Pamphlet DLE: Cook Islands Māori  
Key food messages (under review)

**HE9035 FOOD FOR HEALTH\***

Pamphlet DLE: Tokelauan  
Key food messages (under review)

**HP4668 B4 SCHOOL CHECK: INFORMATION FOR PARENTS AND GUARDIANS\***

Pamphlet DLE: Samoan  
Pamphlet introducing and explaining the final Well Child health check at four years, including consent form

**HP4669 B4 SCHOOL CHECK: INFORMATION FOR PARENTS AND GUARDIANS\***

Pamphlet DLE: Tongan  
Pamphlet introducing and explaining the final Well Child health check at four years, including consent form

## Sexual Health

**HE0001 SEXUAL EDUCATION KIT**

Kit (video, booklets, pamphlets)  
Resources on sexual health for teachers of years 9–13 (see also HE1438)

**HE1102 PREVENTING HIV INFECTION: KEEPING YOURSELF SAFE**

Booklet DLE  
General information on HIV and AIDS

**HE1304 DANCE PARTY GOERS: WHAT U SHOULD KNOW\***

Pamphlet CD sized  
Information for dance-party goers on keeping safe and healthy

**HE1438 A COMPACT GUIDE TO SEXUAL HEALTH**

Booklet CD sized  
Student booklet for teachers to order as class sets to use with the school's sexual health materials (under review)

**HE1442 WHAT IS GONORRHOEA?**

Pamphlet 275 mm x 145 mm  
How gonorrhoea is transmitted and treated, and ways to prevent transmission

**HE1443 WHAT IS GENITAL HERPES?**

Pamphlet 275 mm x 145 mm  
How genital herpes is transmitted and treated, and ways to prevent transmission

**HE1444 WHAT ARE GENITAL WARTS?**

Pamphlet 275 mm x 145 mm  
How genital warts are transmitted and treated, and ways to prevent transmission

**HE1445 WHAT ARE STI TESTS?**

Pamphlet 275 mm x 145 mm  
What to expect when going for an STI test

**HE1505 HEALTH AND SAFETY INFORMATION FOR OPERATORS OF BUSINESSES OF PROSTITUTION**

Pamphlet DLE  
Health and safety requirements under the Prostitution Reform Act 2003

**HE1506 HEALTH AND SAFETY  
INFORMATION FOR SEX  
WORKERS**

Pamphlet DLE  
Health and safety requirements under the  
Prostitution Reform Act 2003

**HE1507 INFORMATION FOR CLIENTS**

Sticker 210 mm x 100 mm  
Health and safety requirements under the  
Prostitution Reform Act 2003

**HE1508 INFORMATION FOR CLIENTS**

Poster A4  
Health and safety requirements under the  
Prostitution Reform Act 2003

**HE1509 INFORMATION FOR CLIENTS**

A5 pad of 25 leaflets  
Health and safety requirements under the  
Prostitution Reform Act 2003

**HE1520 VOLUNTARY COUNSELLING  
AND TESTING FOR  
DIAGNOSIS OF HIV  
INFECTION**

Card A6  
Information on pre- and post-test  
counselling of patients being tested for HIV  
(for health professionals only)

**HE1620 HEALTH AND SAFETY  
INFORMATION FOR  
OPERATORS OF BUSINESSES  
OF PROSTITUTION**

A5 pad of 25 leaflets  
Health and safety requirements in Chinese,  
under the Prostitution Reform Act 2003

**HE1621 NO CONDOM, NO SEX**

Poster A4  
Health and safety requirements in Chinese,  
under the Prostitution Reform Act 2003

**HE1702 NO RUBBA NO HUBBA  
HUBBA**

Booklet A6  
On using protection when having sex

**HE1703 NO RUBBA NO HUBBA  
HUBBA**

Poster A3 portrait  
On using protection when having sex

**HE1704 TALKING WITH YOUR  
TEENAGER/RANGATAHI  
ABOUT SAFER SEX**

Pamphlet A5: English  
Information about safe sexual practices  
for parents and caregivers to share with  
teenagers

**HE1706 YOU AND YOUR TEENAGER\***

Pamphlet A5: English  
Information about safe sexual practices,  
for parents and caregivers to share with  
teenagers

**HE1707 YOU AND YOUR TEENAGER\***

Pamphlet A5: Samoan  
Information about safe sexual practices,  
for parents and caregivers to share with  
teenagers

**HE1708 YOU AND YOUR TEENAGER\***

Pamphlet A5: Niuean  
Information about safe sexual practices,  
for parents and caregivers to share with  
teenagers

**HE1709 YOU AND YOUR TEENAGER\***

Pamphlet A5: Tongan  
Information about safe sexual practices,  
for parents and caregivers to share with  
teenagers

**HE1710 YOU AND YOUR TEENAGER\***

Pamphlet A5: Cook Islands Māori  
Information about safe sexual practices,  
for parents and caregivers to share with  
teenagers

**HE4229 PELVIC INFLAMMATORY  
DISEASE (PID)\***

Pamphlet A5  
Detailed answers to common questions  
about this curable infection

**HE7002 BEING SAFER SEXUALLY**

Pamphlet DLE, opening to A3 chart  
Information about sexually transmitted  
infections and their prevention

**HE8039 PREGNANT? WORRIED  
ABOUT HIV AND AIDS?\***

Poster 820 mm x 190 mm  
HIV testing in pregnancy (under review)

**HE8049 PREGNANT? WORRIED  
ABOUT HIV AND AIDS?\***

Poster 820 mm x 190 mm: Māori  
Information on HIV testing in pregnancy  
(under review)

**HE8050 PREGNANT? WORRIED  
ABOUT HIV AND AIDS?\***

Poster 820 mm x 190 mm: Samoan  
Information on HIV testing in pregnancy  
(under review)

**HE8051 PREGNANT? WORRIED  
ABOUT HIV AND AIDS?\***

Poster 820 mm x 190 mm: Tongan  
Information on HIV testing in pregnancy  
(under review)

**HE8052 PREGNANT? WORRIED  
ABOUT HIV AND AIDS?\***

Poster 820 mm x 190 mm: Niuean  
Information on HIV testing in pregnancy  
(under review)

**HE8053 PREGNANT? WORRIED  
ABOUT HIV AND AIDS?\***

Poster 820 mm x 190 mm: Tokelauan  
Information on HIV testing in pregnancy  
(under review)

**HE8054 PREGNANT? WORRIED  
ABOUT HIV AND AIDS?\***

Poster 820 mm x 190 mm: Cook Islands  
Māori  
Information in on HIV testing in pregnancy  
(under review)

**HP4608 ARE YOU SHARING MORE  
THAN JUST THE LOVE?**

Poster A3  
Promoting testing for chlamydia, New  
Zealand's most common sexually  
transmissible infection, and the benefits of  
testing and early treatment

**HP4609 CHLAMYDIA: INFORMATION  
GUIDE**

Pamphlet DLE  
Information about chlamydia, New  
Zealand's most common sexually  
transmissible infection, and the benefits of  
testing and early treatment

## Smokefree – Information and Support

**HE1109 HAVING A SMOKE ...  
HAVING A THINK**

Booklet A5  
For smokers thinking about giving up  
smoking

**HE1119 BREAK FREE**

Book A4  
Magazine-style resource for teenagers  
about quitting smoking (restricted to Quit  
Group and smoking cessation programmes  
attached to hospitals and DHBs)

**HE1119P BREAK FREE**

Poster A2 half-width portrait, inserted with  
HE1119 (not available for separate order)

**HE1120 KOTAHI TE HIKARETI NUI  
NOA ATU TE MATE/EVERY  
CIGARETTE IS DOING YOU  
DAMAGE\***

Poster A2 portrait: headings Māori/English  
Quit poster showing fatty deposits in main  
blood vessel from the heart

**HE1217 THIS IS MY BABY –  
SMOKEFREE**

DVD (24 minutes)  
On having a smokefree baby (under review)

**HE1326 KOTAHI TE HIKARETI NUI  
NOA ATU TE MATE/EVERY  
CIGARETTE IS DOING YOU  
DAMAGE\***

Postcard: Māori/English  
On the connection of smoking to blindness

**HE1515 INFORMATION FOR  
SCHOOLS AND EARLY  
CHILDHOOD CENTRES**

Pamphlet DLE  
How to comply with the changes to the  
Smoke-free Environments Act 1990

**HE1605 RELAPSE/MATAHOKI\***

Booklet A5: headings Māori/English  
For use with relapsed smokers: "I thought I  
had quit smoking, but ..."

**HE1802 A GUIDE TO MAKING YOUR HOME AND CAR SMOKEFREE**

Pamphlet DLE

On keeping cars smokefree and not exposing passengers, especially children, to the risk of second-hand smoke, or to the negative example of smoking

**HE1803 A GUIDE TO MAKING YOUR HOME AND CAR SMOKEFREE**

Leaflet A5

On keeping cars smokefree and not exposing passengers, especially children, to the risk of second-hand smoke, or to the negative example of smoking

**HE1807 HE AHA ORANGA/A JOURNEY TO WELLBEING**

Booklet A5: headings Māori/English

Encouraging those who wish to quit smoking or to help members of their whānau to do so, with advice on handling difficulties and challenges, including relapses

**HE6013 IT'S COOL IT'S STINK\***

Pamphlet DLE

Smokefree for years 7–8 (intermediate) (under review)

**HE8018 I'LL GIVE HIM A CHOICE\***

Poster A2 portrait

Young mother making a smokefree choice for her baby

**HE8035 E TE WHĀNAU AWHI MAI/MY BABY WILL BE MĀORI AND SMOKEFREE\***

Pamphlet DLE: Māori/English

Warning of the effects of smoking on the unborn baby (under review)

**HE8057 MY BABY WILL BE MĀORI AND SMOKEFREE\***

Poster A2 portrait

Promoting a smokefree pregnancy

**HE10106 THE QUIT BOOK**

Booklet A5

For people who have made the decision to give up smoking (restricted to the Quit Group)

**HE10141 QUIT CARDS**

Card, credit-card sized

Four D's for giving up smoking

**HE10142 QUIT MAGNETS**

Card, credit-card sized with magnet

Four D's for giving up smoking

**HE10144 QUIT POSTER**

Poster A2 portrait

"Want to stop smoking?" – advertising Quitline

**HE10153 EVERY CIGARETTE IS DOING YOU DAMAGE: BEFORE, DURING, AFTER**

Card DLE

The adverse health effects of smoking

**HE10154 EVERY CIGARETTE IS DOING YOU DAMAGE: SOMETHING CLOSE TO EVERY SMOKER'S HEART**

Card DLE

The adverse health effects of smoking

## Smokefree – Regulations and Signage

**HE1305 SMOKEFREE AREA/WAHI AUAAHI KORE\***

Standing sign 60 mm x 70 mm: Māori/English  
Tabletop sign for restaurants and cafes

**HE1510 SMOKEFREE AT ALL TIMES**

Sticker 200 mm x 50 mm

Back-adhesive sticker for schools and other smokefree areas in compliance with the changes to the Smoke-free Environments Act 1990

**HE1511 SMOKEFREE AT ALL TIMES**

Sticker 200 mm x 50 mm

Front-adhesive sticker for schools and other smokefree areas in compliance with the changes to the Smoke-free Environments Act 1990

**HE1512 AUAAHI KORE I NGA WA KATOAA\***

Sticker 200 mm x 50 mm

A back-adhesive sticker for schools and other smokefree areas in compliance with the changes to the Smoke-free Environments Act 1990

**HE1513 AUAAHI KORE I NGA WA KATOA\***

Sticker 200 mm x 50 mm: Māori  
A front-adhesive sticker for schools and other smokefree areas in compliance with the changes to the Smoke-free Environments Act 1990

**HE1516 SALE AND SUPPLY OF SMOKING PRODUCTS TO UNDER 18s**

Pamphlet DLE  
Information for retailers following changes to the Smoke-free Environments Act 1990

**HE1517 PLEASE DON'T ASK IF YOU'RE UNDER 18**

Sticker A5  
For retailers' use, reminding would-be customers that sales of tobacco products to people under 18 are illegal

**HE1522 INFORMATION ON OPEN AREAS FOR WORKPLACES AND HOSPITALITY VENUES**

Booklet A5  
About the design of premises for allowable smoking areas

**HE1555 INFORMATION FOR WORKPLACES AND LICENSED PREMISES: OPEN AND INTERNAL AREAS**

Pamphlet DLE  
For workplaces and licensed premises about the requirement for all internal areas to become smokefree

**HE1557 PLEASE DON'T ASK IF YOU'RE UNDER 18**

Sticker A5  
For retailers' use, reminding would-be customers that sales of herbal tobacco products to people under 18 are illegal

**HE1558 DISPLAY RESTRICTIONS IN RETAIL PREMISES: AN OVERVIEW**

Pamphlet DLE  
For retailers, information sheet (see also codes HE1559 and HE1560) on display restrictions

**HE1559 COUNTING TOBACCO PACKAGES AND CARTONS FOR DISPLAY**

Pamphlet DLE  
For retailers, information sheet (see also codes HE1558 and HE1560) on display restrictions

**HE1560 DISPLAY PROVISIONS FOR CIGARS AND SPECIALIST TOBACCONISTS**

Pamphlet DLE  
For retailers, information sheet (see also codes HE1558 and HE1559) on display restrictions

**HE1562 INFORMATION ABOUT "ALL REASONABLY PRACTICABLE STEPS" FOR LICENSED PREMISES**

Pamphlet DLE  
Information for licensees following changes to the Smoke-free Environments Act 1990

**HE1601 INFORMATION FOR EMPLOYERS**

Pamphlet DLE  
Guide for employers about the requirements of the changes to the Smoke-free Environments Act 1990

**HE1602 INFORMATION FOR SPORTS CLUBS**

Pamphlet A4  
Requirements of changes to the Smoke-free Environments Act 1990 as these affect sports clubs

**HE1603 SALE AND SUPPLY OF SMOKING PRODUCTS TO UNDER 18s**

Leaflet A4: Chinese, traditional  
For retailers following changes to the Smoke-free Environments Act 1990

**HE1604 SALE AND SUPPLY OF SMOKING PRODUCTS TO UNDER 18s**

Leaflet A4: Gujarati  
For retailers following changes to the Smoke-free Environments Act 1990

**HE1606 SALE AND SUPPLY OF  
SMOKING PRODUCTS TO  
UNDER 18s**

Leaflet A4: Korean  
For retailers following changes to the  
Smoke-free Environments Act 1990

**HE1607 SMOKING KILLS/KA MATE  
KOE I TE KAI HIKARETI\***

Sign A4

**HE1608 A GUIDE TO THE SMOKEFREE  
ENVIRONMENTS ACT**

Booklet A5  
A general overview of the Smoke-free  
Environments Act 1990 and the changes  
made by the Smoke-free Environments  
Amendment Act 2003

**HE1617 INFORMATION FOR  
EMPLOYERS ABOUT THE  
SMOKE-FREE LAW RELATING  
TO HOSPITALS, REST  
HOMES AND RESIDENTIAL  
DISABILITY CARE  
INSTITUTIONS\***

Pamphlet DLE (online only)  
Requirements of changes to the Smoke-free  
Environments Act 1990  
(Available at [www.healthed.govt.nz](http://www.healthed.govt.nz))

**HE1622 SMOKEFREE INSIDE**

Sticker A6  
Back adhesive

**HE1623 SMOKEFREE INSIDE**

Sticker A6  
Front adhesive

**HE1624 SMOKEFREE INSIDE**

Sticker 200 mm x 50 mm  
Back adhesive

**HE1625 SMOKEFREE INSIDE**

Sticker 200 mm x 50 mm  
Front adhesive

**HE1626 NO SMOKING PLEASE**

Sticker 200 mm x 50 mm  
Back adhesive

**HE1627 SALE AND SUPPLY OF  
SMOKING PRODUCTS TO  
UNDER 18s**

Leaflet A4: Hindi  
For retailers following changes to the  
Smoke-free Environments Act 1990

**HE1628 WORK VEHICLES AND  
TRANSPORTATION:  
INFORMATION FOR  
EMPLOYERS**

Pamphlet DLE  
For employers following changes to the  
Smoke-free Environments Act 1990

**HE1629 SMOKEFREE**

Sticker 80 mm x 53 mm  
Back-adhesive sticker with the word  
"smokefree"

**HE1719 INFORMATION FOR MARAE**

Pamphlet DLE: English  
Requirements of changes to the Smoke-free  
Environments Act 1999 as these apply to  
settings such as kōhanga reo, kura kaupapa  
Māori, workplaces and licensed premises,  
and to groups of volunteers

**HE1720 INFORMATION FOR MARAE**

Pamphlet DLE: Māori  
Requirements of changes to the Smoke-free  
Environments Act 1999 (see listing above)

**HE1721 A GUIDE TO COMPLIANCE  
FOR EMPLOYERS WORKING  
IN THEATRE, TELEVISION,  
AND FILM PRODUCTION**

Pamphlet DLE  
Requirements of changes to the Smoke-free  
Environments Act 1999

**HE4279 NO SMOKING SYMBOL**

Standing plastic, small, black/red  
Warning for use in public places

**HE4328 HAERE MAI AUAAHI KORE/  
SMOKEFREE\***

Sticker A6: Māori/English  
Koru design smokefree sticker for  
entranceways to public places

## Teenagers' Health

### HE1230 EATING FOR HEALTHY TEENAGERS: A TEENAGER'S GUIDE TO HEALTHY EATING

Booklet DLE  
Food information

### HE1304 DANCE PARTY GOERS: WHAT U SHOULD KNOW\*

Pamphlet CD sized  
Information for dance-party goers on keeping safe and healthy

### HE1404 CANNABIS AND YOUR HEALTH\*

Pamphlet CD sized  
Information about the possible effects of cannabis on health

### HE6013 IT'S COOL IT'S STINK\*

Pamphlet DLE  
Smokefree for years 7–8 (intermediate) (under review)

### HE7015 STRESSED OUT

Booklet A5  
Cartoon-style information for teenagers on handling life pressures and stresses

### HE10109 BODY-PIERCING AND TATTOOING: PROTECTING YOUR HEALTH\*

Pamphlet small concertina folded  
Information for people thinking about having body piercing and tattooing

## Women's Health

This section of the catalogue has three subsections reflecting three national screening programmes: the Antenatal HIV Screening programme, the National Cervical Screening programme, and BreastScreen Aotearoa.

### HE1250 PREVENTING OSTEOPOROSIS: LOOKING AFTER YOUR BONES\*

Booklet A5  
Signs of osteoporosis, risk factors, prevention and diet advice

### HE1306 FEEDING YOUR BABY INFANT FORMULA\*

Booklet A5  
For use by health professionals in advising parents and caregivers who have decided to partially or completely formula feed a baby

### HE1420 YOUR PREGNANCY/TŌ HAPŪTANGA\*

Book A5: headings English/Māori  
On being pregnant, labour and giving birth, and the first few weeks after the birth, also the roles and responsibilities of LMCs (Lead Maternity Carers)

### HE1805 EATING FOR HEALTHY PREGNANT WOMEN/NGĀ KAI TŌTIKA MĀ TE WAHINE HAPŪ\*

Booklet A5  
Food information (revision of HE6002)

### HE1806 EATING FOR HEALTHY BREASTFEEDING WOMEN/NGĀ KAI TTIKA MĀ TE UKAIPO\*

Booklet A5  
Food information (revision of HE6003)

### HE2255 BREASTFEEDING NATURALLY\*

DVD seven chapters  
Shows real-life experiences of New Zealand women to illustrate how to manage breastfeeding successfully (for use by health professionals). View online at [www.youtube.com/breastfeedingnz](http://www.youtube.com/breastfeedingnz)

### HE4141 MENOPAUSE

Pamphlet A5  
General information about physical changes and hormone replacement therapy (HRT)

### HE4147 FOLIC ACID AND SPINA BIFIDA/IODINE AND IODINE DEFICIENCY

A5 pad 25 leaflets  
Protection in pregnancy

### HE4160 WHEN YOU DRINK SO DOES YOUR BABY

Pamphlet DLE  
Information on alcohol and pregnancy

**HE4172 RUBELLA AND WOMEN\***

Leaflet A5  
Risks of rubella in pregnancy (under review)

**HE4229 PELVIC INFLAMMATORY DISEASE (PID)**

Pamphlet A5  
Detailed answers to common questions about this curable infection

**HE8035 E TE WHĀNAU AWHI MAI/MY BABY WILL BE MĀORI AND SMOKEFREE\***

Pamphlet DLE  
Warning of the effects of smoking on the unborn baby (under review)

**HE8039 PREGNANT? WORRIED ABOUT HIV AND AIDS?\***

Poster 820 mm x 190 mm  
HIV testing in pregnancy (under review)

**HE8049 PREGNANT? WORRIED ABOUT HIV AND AIDS?\***

Poster 820 mm x 190 mm: Māori  
Information on HIV testing in pregnancy (under review)

**HE8050 PREGNANT? WORRIED ABOUT HIV AND AIDS?\***

Poster 820 mm x 190 mm: Samoan  
Information on HIV testing in pregnancy (under review)

**HE8051 PREGNANT? WORRIED ABOUT HIV AND AIDS?\***

Poster 820 mm x 190 mm: Tongan  
Information on HIV testing in pregnancy (under review)

**HE8052 PREGNANT? WORRIED ABOUT HIV AND AIDS?\***

Poster 820 mm x 190 mm: Niuean  
Information on HIV testing in pregnancy (under review)

**HE8053 PREGNANT? WORRIED ABOUT HIV AND AIDS?\***

Poster 820 mm x 190 mm: Tokelauan  
Information on HIV testing in pregnancy (under review)

**HE8054 PREGNANT? WORRIED ABOUT HIV AND AIDS?\***

Poster 820 mm x 190 mm: Cook Islands Māori  
Information on HIV testing in pregnancy (under review)

**HE8057 MY BABY WILL BE MĀORI AND SMOKEFREE\***

Poster A2 portrait  
Smokefree pregnancy

**HE9003 FAST FREE FOOD FOR BABIES\***

Poster A2 portrait  
Breastfeeding promotion

**See also HE2098 — HE2108 (Child Health and Safety).**

**HE9007 AVOIDING LISTERIA**

Pamphlet DLE  
Listeria information for vulnerable people, including pregnant women

**HE9060 SOY-BASED INFANT FORMULA\***

A5 pad 25 leaflets  
Information for parents about soy-based milk alternatives

<b>Antenatal HIV Screening Resources</b>
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**HE1832 HIV TESTING IN PREGNANCY AS PART OF ANTENATAL BLOOD TESTS**

Pamphlet DLE (with photographs)  
Information on the Antenatal Screening Programme for pregnant women and others intending to become pregnant

**HE1901 HIV TESTING IN PREGNANCY AS PART OF ANTENATAL BLOOD TESTS**

Pamphlet DLE (without photographs)  
Information on the Antenatal Screening Programme for women for whom pregnancy is a sensitive issue

**Please note that versions of the English-text pamphlet, with no photographs, are also available in the following community languages: te reo Māori, Sāmoan, Tongan, Hindi, Korean, Swahili, and simplified**

and traditional Chinese. These are currently online-only resources. PDF files are available at [www.healthed.govt.nz](http://www.healthed.govt.nz) or at [www.nsu.govt.nz/Current-NSU-Programmes/1319.asp](http://www.nsu.govt.nz/Current-NSU-Programmes/1319.asp)

### Cervical Screening Resources

#### HE1202 COLPOSCOPY

Pamphlet DLE

Information for women who need to have a colposcopy (for health professionals only)

#### HE1256 CERVICAL SMEAR TESTS: WHAT WOMEN NEED TO KNOW

Pamphlet DLE

About smear tests

#### HE1328 PREVENTION OF CERVICAL CANCER: A GUIDE FOR WOMEN IN NEW ZEALAND

Book A5

Detailed information about smear tests, cervical cancer and the National Screening Programme

#### HE1609 MY HEALTH AFFECTS MY FAMILY

Poster A3 portrait: English

Pacific group photo promoting cervical screening

#### HE1610 MY HEALTH AFFECTS MY FAMILY\*

Poster A3 portrait: Samoan

Pacific group photo promoting cervical screening

#### HE1611 MY HEALTH AFFECTS MY FAMILY\*

Poster A3 portrait: Tongan

Pacific group photo promoting cervical screening

#### HE1612 MY HEALTH AFFECTS MY FAMILY\*

Poster A3 portrait: Cook Islands Māori

Pacific group photo promoting cervical screening

#### HE1613 MY HEALTH AFFECTS MY FAMILY\*

Poster A3 portrait: Niuean

Pacific group photo promoting cervical screening

#### HE1614 MY HEALTH AFFECTS MY FAMILY\*

Poster A3 portrait: Tokelauan

Pacific group photo promoting cervical screening

#### HE1615 MY HEALTH AFFECTS MY FAMILY\*

Poster A3 portrait: Tuvaluan

Pacific group photo promoting cervical screening

#### HE1616 MY HEALTH AFFECTS MY FAMILY\*

Poster A3 portrait: Fijian

Pacific group photo promoting cervical screening

#### HE1823 CERVICAL SCREENING\*

Poster A3 portrait: English

Promoting regular cervical screening to Pacific communities

#### HE1824 CERVICAL SCREENING\*

Poster A3 portrait: Samoan

Promoting regular cervical screening to Pacific communities

#### HE1825 CERVICAL SCREENING\*

Poster A3 portrait: Tongan

Promoting regular cervical screening to Pacific communities

#### HE1826 CERVICAL SCREENING\*

Poster A3 portrait: Cook Islands Māori

Promoting regular cervical screening to Pacific communities

#### HE1827 CERVICAL SCREENING\*

Poster A3 portrait: Niuean

Promoting regular cervical screening to Pacific communities

#### HE1828 CERVICAL SCREENING\*

Poster A3 portrait: Fijian

Promoting regular cervical screening to Pacific communities

#### HE1829 CERVICAL SCREENING\*

Poster A3 portrait: Tokelauan

Promoting regular cervical screening to Pacific communities

#### HE1830 CERVICAL SCREENING\*

Poster A3 portrait: Tuvaluan

Promoting regular cervical screening to Pacific communities

**HE1831 CERVICAL SCREENING:  
WHAT PACIFIC WOMEN  
NEED TO KNOW\***

Pamphlet DLE: English  
Explaining the benefits of regular cervical  
screening to Pacific communities

**HE1837 CERVICAL SCREENING:  
WHAT WOMEN NEED TO  
KNOW: ATAWHAITIA TE  
WHARETANGATA**

Pamphlet DLE  
Promotes cervical screening to Māori  
women

**HE1838 CERVICAL SCREENING:  
WHAT WOMEN NEED TO  
KNOW: ATAWHAITIA TE  
WHARETANGATA**

Poster A2 portrait  
Promotes cervical screening to Māori  
women

**HE1912 SMEAR TEST REMINDER  
CARD**

Folded card, credit-card size  
Reminder card for wallet of when next  
cervical smear is due, credit-card sized,  
folded, opening out to show a calendar

**HE4595 MANA WĀHINE**

Frieze (six panel) A5  
Pictorial treatment of cervical screening,  
related to women's health concepts

**HE4598 CERVICAL SCREENING:  
UNDERSTANDING CERVICAL  
SMEAR TEST RESULTS**

Pamphlet DLE  
Explanation of cervical smear tests,  
desirable frequency of testing, test results  
and appropriate treatment

**BreastScreen Aotearoa  
Resources**

The main information resources in  
this subsection are available without  
restriction.

Certain resources, for example, those  
explaining what may need to happen after  
a mammogram or the Breast Conditions  
fact sheets, are not directly available to  
the public. They are restricted to the  
BreastScreen Aotearoa programme, where  
they can be given out in the context of

supporting explanation and discussion.  
PDFs of these resources are available on  
the HealthEd site so that members of the  
public can view or download the file.  
Certain Asian-language versions of  
BreastScreen Aotearoa, *Now That You've  
Had Your Mammogram, When You Are  
Recalled for Assessment and Information  
for Women under 45 Years of Age* (see  
codes HE1839–HE1858) are being provided  
at this point as web-only resources.

**HE1201 BREASTSCREEN  
AOTEAROA**

Poster A3  
National breast screening programme in  
English with Asian imagery

**HE1210 IS BREASTSCREEN  
AOTEAROA FOR YOU?**

Pamphlet DLE  
Why the BreastScreen Aotearoa  
programme may not be suitable for all  
women with breast problems

**HE1631 BREASTSCREEN AOTEAROA:  
TREATMENT AND SUPPORT  
SERVICES FOR WOMEN WITH  
BREAST CANCER**

Booklet A5  
Advice on treatment and how and where  
to access services (restricted to breast  
screening divisions of eight DHBs)

**HE1701 POSITION STATEMENT:  
THERMOGRAPHY AS A  
BREAST CANCER SCREENING  
OR DIAGNOSTIC TOOL**

Leaflet A4  
Advice on why thermography is not a  
recommended screening or diagnostic tool  
for detecting breast cancer

**HE1801 FREE BREAST SCREENING  
EVERY YEAR FOR WOMEN  
AGED 45 TO 69**

Pamphlet A6  
A compact introduction to breast screening  
for women in the target age range for free  
mammograms

**HE1810 BENIGN BREAST CONDITIONS:  
BREAST CYSTS**

Leaflet A4  
Fact sheet restricted to women in the  
BreastScreen Aotearoa programme,  
explaining changes observed in their  
mammogram

**HE1811 BENIGN BREAST CONDITIONS:  
FIBROADENOMA**

Leaflet A4

Fact sheet restricted to women in the BreastScreen Aotearoa programme, explaining changes observed in their mammogram

**HE1812 BREAST CONDITIONS:  
DUCTAL CARCINOMA IN  
SITU**

Leaflet A4

Fact sheet explaining ductal carcinoma in situ (DCIS), for use in the BreastScreen Aotearoa programme only

**HE1813 BENIGN BREAST  
CONDITIONS: BREAST  
CALCIFICATIONS**

Leaflet A4

Fact sheet restricted to women in the BreastScreen Aotearoa programme, explaining changes observed in their mammogram

**HE1814 BENIGN BREAST  
CONDITIONS: BREAST PAIN  
(MASTALGIA)**

Leaflet A4

Fact sheet explaining breast pain, for use in the BreastScreen Aotearoa programme

**HE1835 TIAKINA O Ū/LOOK AFTER  
YOUR BREASTS\***

Pamphlet DLE: Māori/English

Offers general information on the national breast screening programme

**HE1836 TIAKINA O Ū/LOOK AFTER  
YOUR BREASTS\***

Poster A2 portrait: Māori/English

Promotes the national breast screening programme to Māori women

**HE1839 BREASTSCREEN AOTEAROA**

Pamphlet DLE: Chinese

General information on the national breast screening programme

**HE1840 BREASTSCREEN AOTEAROA**

Pamphlet DLE: Hindi

General information on the national breast screening programme

**HE1841 BREASTSCREEN AOTEAROA**

Pamphlet DLE: Korean

General information on the national breast screening programme

**HE1842 BREASTSCREEN AOTEAROA**

Pamphlet DLE (online only): Japanese  
General information on the national breast screening programme  
(available at [www.healthed.govt.nz](http://www.healthed.govt.nz))

**HE1843 BREASTSCREEN AOTEAROA**

Pamphlet DLE (online only): Thai  
General information on the national breast screening programme (available at [www.healthed.govt.nz](http://www.healthed.govt.nz))

**HE1844 NOW THAT YOU'VE HAD  
YOUR MAMMOGRAM**

Pamphlet DLE: Chinese

For BreastScreen Aotearoa Centres only

**HE1845 NOW THAT YOU'VE HAD  
YOUR MAMMOGRAM**

Pamphlet DLE: Hindi

For BreastScreen Aotearoa Centres only

**HE1846 NOW THAT YOU'VE HAD  
YOUR MAMMOGRAM**

Pamphlet DLE: Korean

For BreastScreen Aotearoa Centres only

**HE1847 NOW THAT YOU'VE HAD  
YOUR MAMMOGRAM**

Pamphlet DLE: Japanese

For BreastScreen Aotearoa Centres only  
(Web-only resource)

**HE1848 NOW THAT YOU'VE HAD  
YOUR MAMMOGRAM**

Pamphlet DLE (online only): Thai

For BreastScreen Aotearoa Centres only  
(available at [www.healthed.govt.nz](http://www.healthed.govt.nz))

**HE1849 WHEN YOU ARE RECALLED  
FOR ASSESSMENT (FURTHER  
TESTS)**

Pamphlet DLE: Chinese

For BreastScreen Aotearoa Centres only

**HE1850 WHEN YOU ARE RECALLED  
FOR ASSESSMENT (FURTHER  
TESTS)**

Pamphlet DLE: Hindi

For BreastScreen Aotearoa Centres only

**HE1851 WHEN YOU ARE RECALLED  
FOR ASSESSMENT (FURTHER  
TESTS)**

Pamphlet DLE: Korean

For BreastScreen Aotearoa Centres only

**HE1852 WHEN YOU ARE RECALLED FOR ASSESSMENT (FURTHER TESTS)**

Pamphlet DLE (online only): Japanese  
For BreastScreen Aotearoa Centres only  
(available at [www.healthed.govt.nz](http://www.healthed.govt.nz))

**HE1853 WHEN YOU ARE RECALLED FOR ASSESSMENT (FURTHER TESTS)**

Pamphlet DLE (online only): Thai  
For BreastScreen Aotearoa Centres only  
(available at [www.healthed.govt.nz](http://www.healthed.govt.nz))

**HE1854 INFORMATION FOR WOMEN UNDER 45 YEARS OF AGE**

Pamphlet DLE: Chinese  
Breast screening information for women under 45

**HE1855 INFORMATION FOR WOMEN UNDER 45 YEARS OF AGE**

Pamphlet DLE: Hindi  
Breast screening information for women under 45

**HE1856 INFORMATION FOR WOMEN UNDER 45 YEARS OF AGE**

Pamphlet DLE: Korean  
Breast screening information for women under 45

**HE1857 INFORMATION FOR WOMEN UNDER 45 YEARS OF AGE**

Pamphlet DLE (online only): Japanese  
Breast screening information for women under 45  
(available at [www.healthed.govt.nz](http://www.healthed.govt.nz))

**HE1858 INFORMATION FOR WOMEN UNDER 45 YEARS OF AGE**

Pamphlet DLE (online only): Thai  
Breast screening information for women under 45  
(available at [www.healthed.govt.nz](http://www.healthed.govt.nz))

**HE1920 MAMMOGRAMS: AN IMPORTANT HEALTH CHECK FOR PACIFIC WOMEN**

Pamphlet DLE  
Promotes the national breast screening programme to Pacific women

**HE2025 POSITION STATEMENT ON BREAST AWARENESS**

Leaflet A4  
Explains general “breast awareness” and recommends it over regular, structured breast self-examination

**HE2110 BREASTSCREEN AOTEAROA FOR PACIFIC WOMEN**

Pamphlet DLE: English  
An explanation of the breast screening programme and the importance of regular mammograms

**HE10102 BREASTSCREEN AOTEAROA**

Pamphlet DLE  
General information on the national breast screening programme

**HE10107 BREASTSCREEN AOTEAROA: MORE ABOUT BREAST SCREENING**

Booklet A5  
Detailed information about the breast screening programme

**HE10117 NOW THAT YOU’VE HAD YOUR MAMMOGRAM**

Pamphlet DLE  
For BreastScreen Aotearoa Centres only

**HE10118 WHEN YOU ARE RECALLED FOR ASSESSMENT (FURTHER TESTS)**

Pamphlet DLE  
For BreastScreen Aotearoa Centres only

**HE10119 INFORMATION FOR WOMEN UNDER 45 YEARS OF AGE**

Pamphlet DLE  
Breast screening information

**HE10120 INFORMATION FOR WOMEN AGED 70 YEARS AND OVER**

Pamphlet DLE  
Breast screening information

**HE10121A BREASTSCREEN AOTEAROA**

Poster A3  
General information poster for BreastScreen Aotearoa for women aged 45–69

**HE10131 BREASTSCREEN AOTEAROA**

Poster A2: Samoan  
National breast screening programme

**HE10132 BREASTSCREEN AOTEAROA**

Poster A2: Tongan  
National breast screening programme

**HE10133 BREASTSCREEN AOTEAROA**

Poster A2: Cook Islands Māori  
National breast screening programme

**HE10134 BREASTSCREEN AOTEAROA**

Poster A2: Tokelauan  
National breast screening programme

**HE10135 BREASTSCREEN AOTEAROA**

Poster A2: Niuean  
National breast screening programme

**HE10136 BREASTSCREEN AOTEAROA**

Poster A2: Fijian  
National breast screening programme

## Authorised Providers of Health Education Resources

**NORTHLAND**

Maureen Bourgaize  
Health Information and Resource Centre  
Public and Population Health  
Dairy House, Porowini Avenue  
PO Box 9742  
Whangarei 0140  
Phone 09 430 4101 x 7903  
Fax 09 430 4491  
[maureen.bourgaize@northlanddhd.org.nz](mailto:maureen.bourgaize@northlanddhd.org.nz)

**NORTH/WEST AUCKLAND**

Joanne McGregor  
Auckland Regional Public Health Services  
15 Edsel Street  
Private Bag 21902  
Henderson  
Waitakere City 0650  
Phone 09 836 3456  
Fax 09 836 6789  
[resourcewest@adhb.govt.nz](mailto:resourcewest@adhb.govt.nz)

**CENTRAL AUCKLAND**

Olivia Pepa  
Auckland Regional Public Health Service  
Ground floor, Building 15  
Cornwall Complex  
Greenlane Clinical Centre  
Claude Road, Epsom  
Private Bag 92605, Symonds Street  
Auckland 1150  
Phone 09 630 9881  
Fax 09 623 4629  
[resourcecentre@adhb.govt.nz](mailto:resourcecentre@adhb.govt.nz)

**SOUTH AUCKLAND**

Hannah Lucky  
Auckland Regional Public Health Service  
Floor 2, Westfield Tower  
Westfield Manukau  
Leyton Way  
PO Box 76123  
Manukau City 2241  
Phone 09 261 1623  
Fax 09 261 1621  
[resourcesouth@adhb.govt.nz](mailto:resourcesouth@adhb.govt.nz)

**WAIKATO**

Fiona Cossey  
 Population Health Services  
 Waikato District Health Board  
 Level 4, HMT Building  
 Cnr Rostrevor/Harwood Streets  
 PO Box 505  
 Hamilton 3240  
 Phone 07 838 2569  
 Fax 07 838 2382  
[cosseyf@waikatodhb.govt.nz](mailto:cosseyf@waikatodhb.govt.nz)

**BAY OF PLENTY (WESTERN)**

Charmaine Pini/Katie Ross  
 Toi Te Ora Public Health Service  
 Level 4, Westpac Towers  
 2 Devonport Road  
 PO Box 2121  
 Tauranga 3140  
 Phone 07 577 3773  
 Fax 07 578 0883  
[health.resources@bopdhdhb.govt.nz](mailto:health.resources@bopdhdhb.govt.nz)

**BAY OF PLENTY (EAST)**

Kelly Williams  
 Toi Te Ora Public Health Service  
 Whakatane Hospital  
 Stewart Street  
 PO Box 241  
 Whakatane 3158  
 Phone 07 306 0847  
 Fax 07 306 0987  
[health.resources@bopdhdhb.govt.nz](mailto:health.resources@bopdhdhb.govt.nz)

**BAY OF PLENTY (ROTORUA AND LAKES)**

Lorraine Howarth  
 Toi Te Ora Public Health Service  
 Floor 1  
 1166 Amohau Street  
 PO Box 12060  
 Rotorua 3045  
 Phone 07 349 7362  
 Fax 07 346 0105  
[health.resources@bopdhdhb.govt.nz](mailto:health.resources@bopdhdhb.govt.nz)

**TAIRAWHITI (GISBORNE)**

Leslie Puketapu  
 Public Health Unit  
 Tairawhiti District Health  
 Lev 3, Morris Adair Building  
 Gisborne Hospital  
 Ormond Road  
 Private Bag 7001  
 Gisborne 4040  
 Phone 06 869 0570 x 8106  
 Fax 06 869 0567  
[leslie.puketapu@tdh.org.nz](mailto:leslie.puketapu@tdh.org.nz)

**TARANAKI**

Lisa Hamilton  
 Public Health Unit  
 Taranaki Base Hospital  
 Barrett Building  
 Tukapa Street  
 Private Bag 2016  
 New Plymouth 4342  
 Phone 06 753 7777 x 8862  
 Fax 06 753 7788  
[resource.room@tdhb.org.nz](mailto:resource.room@tdhb.org.nz)

**HAWKES BAY**

Wendi Wolfen-Duval  
 Health Promotion  
 Napier Health Centre  
 76 Wellesley Rd  
 PO Box 447  
 Napier 4140  
 Phone 06 834 1815  
 Fax 06 834 1894  
[wendi.wolfen-duvall@hawkesbaydhdhb.govt.nz](mailto:wendi.wolfen-duvall@hawkesbaydhdhb.govt.nz)

**WHANGANUI**

Christine McGregor  
 Public Health Centre  
 Wanganui District Health Board  
 Floor 2, Lambie Building  
 Wanganui Hospital  
 100 Heads Road  
 Private Bag 3003  
 Whanganui 4540  
 Phone 06 348 1775 x 7875  
 Fax 06 348 1783  
[christine.mcgregor@wdhb.org.nz](mailto:christine.mcgregor@wdhb.org.nz)

**MANAWATU/TARARUA/  
HOROWHENUA**

Appointment pending  
 Public Health Services  
 MidCentral District Health Board  
 Health on Main  
 575 Main Street  
 PO Box 924  
 Palmerston North 4440  
 Phone 06 350 4564  
 Fax 06 350 4561  
[public.healthinfo@midcentraldhdhb.govt.nz](mailto:public.healthinfo@midcentraldhdhb.govt.nz)

**WELLINGTON/HUTT VALLEY**

Jean Brown/Laurina Francis/  
Tahnee Downing  
Regional Public Health  
Hutt Valley District Health Board  
Community Health Building  
Private Bag 31907  
Lower Hutt 5040  
Phone 04 570 9061  
Fax 04 570 9211  
[laurina.francis@huttvalleydhb.org.nz](mailto:laurina.francis@huttvalleydhb.org.nz)  
[jean.brown@huttvalleydhb.org.nz](mailto:jean.brown@huttvalleydhb.org.nz)  
[tahnee.downing@huttvalleydhb.org.nz](mailto:tahnee.downing@huttvalleydhb.org.nz)

**WAIRARAPA**

Kim Murphy  
Public Health  
Blair Street  
PO Box 96  
Masterton 5840  
Phone 06 946 9813  
Fax 06 946 9800  
[phadmin@wairarapa.dhb.org.nz](mailto:phadmin@wairarapa.dhb.org.nz)

**NELSON**

Jill Pledger/Erella Sonnino-Munnings/  
Jacqueline Lelievre  
Public Health  
36 Franklyn Street  
PO Box 647  
Nelson 7040  
Phone 03 546 1552  
Fax 03 546 1542  
[jill.pledger@nmdhb.govt.nz](mailto:jill.pledger@nmdhb.govt.nz)  
[erella.sonnino-munnings@nmdhb.govt.nz](mailto:erella.sonnino-munnings@nmdhb.govt.nz)  
[jacqueline.lelievre@nmdhb.govt.nz](mailto:jacqueline.lelievre@nmdhb.govt.nz)

**MARLBOROUGH**

Diane Pollock/Bernadette MacDonald  
Public Health Unit  
Wairau Hospital  
PO Box 46  
Blenheim 7240  
Phone 03 520 9914  
Fax 03 578 9517  
[diane.pollock@nmdhb.govt.nz](mailto:diane.pollock@nmdhb.govt.nz)  
[bernadette.macdonald@nmdhb.govt.nz](mailto:bernadette.macdonald@nmdhb.govt.nz)

**WEST COAST**

Sue Neilson  
Community and Public Health  
3 Tarapuhi Street  
PO Box 443  
Greymouth 7840  
Phone 03 768 1160  
Fax 03 768 1169  
[sue.neilson@cdhb.govt.nz](mailto:sue.neilson@cdhb.govt.nz)

**CANTERBURY**

Sue Burgess/Claire Dangerfield/  
Lesley Willoughby  
Community Health Information Centre  
Community and Public Health  
80 Chester Street East  
PO Box 1475  
Christchurch 8140  
Phone 03 364 7844  
Fax 03 379 6125  
[chic@cdhb.govt.nz](mailto:chic@cdhb.govt.nz)

**SOUTH CANTERBURY**

Janet McIver  
Community and Public Health  
6B Sefton Street  
PO Box 510  
Timaru 7940  
Phone 03 688 6019  
Fax 03 688 6091  
[janet.mciver@cdhb.govt.nz](mailto:janet.mciver@cdhb.govt.nz)

**OTAGO/SOUTHLAND**

Judy Sibbe  
Public Health South  
Main Block, level 2  
Wakari Hospital  
Taieri Road  
PO Box 5144  
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