

Easy Read information about health workers being on strike



What is a strike?

A strike is when people decide not to go to work to try and get better

- pay
- support at work.

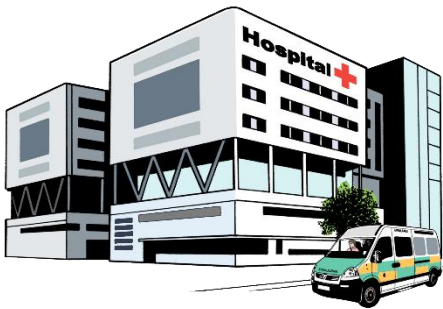


Health workers across New Zealand are going on strike from

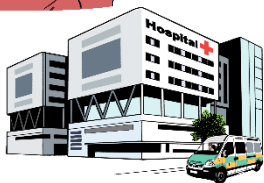
- **Thursday 23 October**

to

- **7 o'clock in the morning on Friday 24 October.**



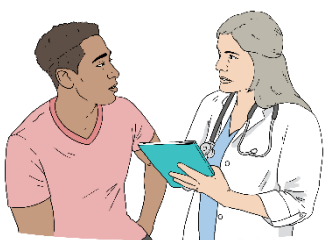
On these days there will be less people working at the hospital.



If you have an emergency

- **call 111** or
- go to the hospital emergency department.

If you need healthcare but it is not an emergency



- go to your own local doctor
- go to an urgent care or afterhours clinic



- book an appointment with a doctor over a video call

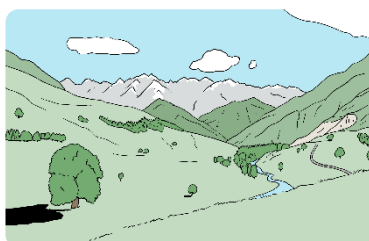


- call Healthline on **0800 611 116**



You can also call **0800 252 672** for healthcare if

- you live out of town in a rural area like a farm and
- your doctor is closed.





You can call or text **1737** for mental health support if you feel

- worried
- sad
- you are not coping well with something
- you need someone to talk to.



You can find more information on this website:

www.info.health.nz