

# Waikato Public Health Bulletin

## Public Health Waikato

April / May 2025 | Maramahā / Maramarima 2025

Tēnā koutou katoa. We hope you enjoy this edition of the Waikato Public Health Bulletin and we welcome your feedback.

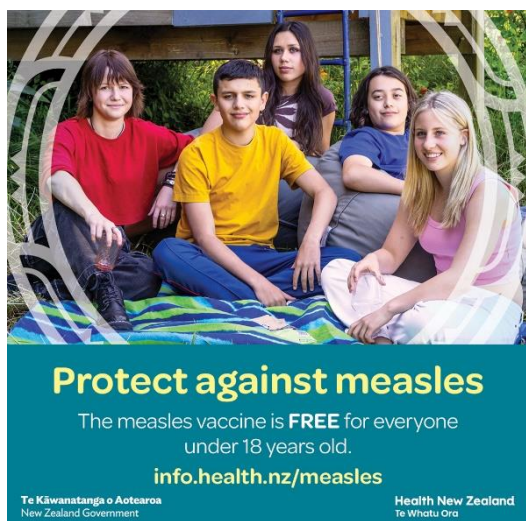
The bulletin is written for GPs and colleagues in primary & community care.

### In this month's bulletin:

1. Measles update
2. Winter preparedness
3. World Immunisation Week
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5. Notifiable diseases trends

### Measles update

On 11 May 2025, Health New Zealand | Te Whatu Ora confirmed a new case of measles in Tāmaki Makau Rau reported on 9 May. The case was linked to overseas travel in Asia and was not thought to be infectious when flying home to Aotearoa. A number of public locations were visited while the case was infectious. The National Public Health Service has supported the case and their whānau and managed non-immune contacts in quarantine to reduce the chance of spread.



### Key patient reminders: Immunise against measles

- Measles is a serious and highly infectious illness, which can affect adults as well as children.
- Two doses of the MMR vaccine (after the age of 12 months) protect about 99 per cent of people from getting measles.
- The MMR vaccine is free in New Zealand for anyone 18 years or under, and for people who are eligible for free healthcare.
- You are considered immune to measles if you have proof of two doses of the MMR vaccine after age 12 months. People born or living in Aotearoa before 1969 or have evidence of having measles previously are also considered immune.
- Check your measles immunisation status by:
  - 1) Visiting [My Health Record](#) for immunisation records from the year 2005 onwards.
  - 2) Contacting your local healthcare provider for records prior to 2005.
- If you are planning a pregnancy, check you are fully protected against measles as you cannot have the MMR vaccine while pregnant. Having measles in pregnancy can increase the risk of miscarriage and premature labour. You can have the MMR vaccine once baby is born, including when breastfeeding.
- Before travelling overseas, make sure you and your whānau are fully protected against measles.

- If you are unsure of how many doses of the MMR vaccine you have had before, it's safe to get immunised again for most people (unless you are pregnant or immunocompromised).

### Watch for measles signs and symptoms

- High fever (over 38 degrees Celsius), cough, runny nose, and sore red eyes (conjunctivitis).
- A rash beginning on the face and gradually spreading down the body to the arms and legs. The rash lasts for up to one week.
- If a person with suspected measles infection needs to seek healthcare from a doctor or healthcare provider, they should phone ahead and tell the clinic that they may have been exposed to measles.

## Winter preparedness

As we approach the winter months (May to October), common infectious illnesses, such as influenza (or flu), become more widespread.

Increasing immunisation coverage is key to preventing illness this winter, which is especially important given our current pertussis epidemic.

### Key patient reminders: Immunise against influenza

- The flu is not the same as the common cold and can cause more serious illness. Most people who get influenza will recover, but serious complications, including death, can occur in some people.
- Those most at risk of influenza complications include the very young, those aged over 65 years, people with weakened immune systems, people with chronic health conditions, and people who are pregnant.
- The flu vaccine is changed yearly to match new flu strains. Getting a flu vaccine yearly gives you the best protection.
- The flu vaccine is free for those aged 65 years and over, pregnant people, and people with certain medical conditions. Encourage older or unwell whānau to get an influenza vaccination.

## Take steps to prepare for increased illness this winter

- Check your children's immunisations are up to date to reduce the spread of serious diseases, such as pertussis and measles.
- Encourage older whānau to immunise against COVID-19.
  - 1) Everyone over the age of 30 years is eligible for additional doses.
  - 2) People who are at higher risk of severe illness — including those aged over 65 years and those who have underlying health conditions — are recommended to receive an additional dose every 6 months.
  - 3) The COVID-19 and flu vaccines are safe to receive at the same time and can be offered together.
- Get prescriptions early if you have conditions that worsen over winter, such as asthma and COPD. Ensure you have a plan should you get sick and need more medical support.
- Remind patients who cannot access a GP easily to talk to a Healthline nurse or paramedic for free anytime by calling 0800 611 116.

## World Immunisation Week

This year, [World Immunisation Week](#) was celebrated over the last week (24-30) of April, with the theme of "Immunisation for All is Humanly Possible".

**Check your child's vaccination record to ensure they are fully protected.**



HUMANLY  
POSSIBLE



Over the last 50 years, essential immunisations have saved 154 million lives – or 6 lives a minute, every day, for five decades.

Immunisations account for 40% of the improvement in infant survival, with measles vaccine alone accounting for 60% of those lives saved.

## Staff News

Over April and May, we bid farewell to three wonderful staff members.

Mona Andreas has joined the Auckland Public Health Unit – NPHS Northern Region – in a similar capacity as a Health Protection Officer. We thank Mona for his valuable contributions to the Health Protection Team, and wish him well in his new role!

Mauro Campos has taken up the role of Admin Team Leader in the Chronic Conditions Services (Rheumatology, Renal and Diabetes) at Waikato Hospital and Clarence Street. Mauro's professionalism and presence in the office are sorely missed. Our best wishes to Mauro in this exciting new chapter!

Jennifer Chua, who worked in the Community and Whānau Wellbeing team as a highly valued Healthy Active Learning Advisor, has taken up a position as a Diabetes Dietitian for the Diabetes Service in Hospital and Specialist Services (HNZ Waikato). All the very best, Jennifer, for this wonderful opportunity!

We welcomed Dr Leo Burnside to the clinical team in April, our amazing PGY2 House Officer.

In May, we also extend a warm welcome back to Ashleigh Mail, who returns to the Alcohol and Smokefree Compliance team. Ashleigh brings a wealth of experience from her previous roles in Public Health and with the Hamilton City Council as a District Licensing Inspector.

Nicole Zeier also returns to public health in her new role as a Senior Compliance Officer for the region. We are very fortunate to have her rejoin the team in this new role!

## Club Champs - our biggest turnout ever!

Our compliance team can also celebrate the success of the Club Champs training programme, which was held in Te Kuiti on 26 May. ClubChamps was started in sports clubs in the Ruapehu, Waitomo and Otorohanga regions in 2011 as a follow on to the success of the "Rollin" project which aimed to reduce the rate of drink driving, recidivist drink driving, and crashes. ClubChamps supports licensed premises with a range of training so they can develop and implement their own robust processes to reduce alcohol related harm. Training is also held in Waikato and Waipa regions. Fire Emergency New Zealand, Police, Waitomo District Council, and Anne Lemieux and Byron Wipa coordinated and presented the Club Champs training at the Les Munro Centre. Club champs is growing every year but 115 attendees from 29 premises is the biggest one we've ever had. Shout out to Anne & Byron for their hard mahi with Club Champs!



## NPHS Waikato/Taupō maintains WorkWell Gold

WorkWell is a workplace wellbeing initiative that supports workplaces to develop and implement an effective and sustainable wellbeing programme. We are delighted to announce that NPHS Waikato/Taupō has successfully maintained the WorkWell Gold accreditation standard. Ka mau te wehi!



The Waikato/Taupō team celebrates with a shared lunch (with cake!) at the River Steps alongside Waikato Awa

## Medical Officers of Health (MOoH)

Dr Felicity Dumble, Dr Richard Wall, Dr Richard Vipond, Dr Elizabeth Becker, Dr Geoff Cramp, Dr Kaitlin Greenway (Public Health Medicine Specialist)

### After Hours:

**MOoH:** 021 359 650    **HPO:** 021 999 521

If there is no answer, please contact Waikato Hospital's switchboard 07 839 8899 and ask for the on-call MOoH.

### During Office Hours:

Public Health (MOoH or HPO): (07) 838 2569    Notifications: 07 838 2569 ext. 22041 or 22020

Notifications outside Hamilton: 0800 800 977    Fax: 07 838 2382

**Email:** [notifiablediseases@waikatodhb.health.nz](mailto:notifiablediseases@waikatodhb.health.nz)

# Notifiable Diseases – Trends

Notifiable diseases (Waikato District) - period to: May 2025

\*Stats NZ estimated 8.69% of the population resided in Waikato in 2021

Disease name	Waikato cases per month			Cases per month over the last year (mean)		
	March	April	Trend	Waikato	National	% Waikato*
Botulism	0	0	-	0.0	0.1	0
Brucellosis	0	0	-	0.0	0.1	0
Campylobacteriosis	57	33	▼	10.0	487.8	2
COVID-19	230	123	▼	104.3	7,627.6	1
Cryptosporidiosis	4	10	▲	1.3	72.2	2
Decompression sickness	0	0	-	0.0	0.2	0
Dengue fever	4	2	▼	0.3	15.4	2
Diphtheria	0	0	-	0.0	0.3	0
Gastroenteritis - unknown cause	1	7	▲	0.7	18.1	4
Gastroenteritis / foodborne intoxication	8	5	▼	2.2	18.8	12
Giardiasis	13	16	▲	3.0	69.9	4
Haemophilus influenzae type b	0	0	-	0.0	0.1	0
Hepatitis A	1	0	▼	0.1	5.8	2
Hepatitis B	0	0	-	0.1	1.2	8
Hepatitis C	2	0	▼	0.0	2.3	0
Hepatitis NOS	0	0	-	0.0	0.5	0
Hydatid disease	0	0	-	0.0	0.1	0
Invasive group A streptococcal infection	5	3	▼	0.6	34.0	2
Invasive pneumococcal disease	5	4	▼	2.3	62.0	4
Latent tuberculosis infection	2	0	▼	0.0	11.8	0
Legionellosis	2	4	▲	0.4	14.6	3
Leprosy	0	0	-	0.0	0.3	0
Leptospirosis	3	2	▼	0.5	8.1	6
Listeriosis	0	0	-	0.1	2.6	4
Listeriosis - perinatal	0	0	-	0.0	0.0	-
Malaria	0	0	-	0.0	3.0	0
Measles	0	0	-	0.0	0.1	0
Meningococcal disease	0	0	-	0.1	2.9	3
Mumps	0	1	▲	0.0	1.1	0
Murine Typhus	0	0	-	0.0	0.1	0
Pertussis	8	7	▼	9.2	238.0	4
Q fever	0	1	▲	0.0	0.3	0
Rheumatic fever - initial attack	2	0	▼	0.0	0.0	-
Rheumatic fever - recurrent attack	0	0	-	0.0	0.0	-
Salmonellosis	6	6	-	1.8	72.4	2
Shigellosis	0	0	-	0.0	13.2	0
Taeniasis	0	0	-	0.0	0.3	0
Tetanus	0	0	-	0.0	0.2	0
Tuberculosis disease - new case	4	3	▼	0.2	29.8	1
Tuberculosis disease - relapse or reactivation	0	0	-	0.0	1.2	0
Tuberculosis infection - on preventive treatment	0	0	-	0.0	0.2	0
Typhoid fever	2	0	▼	0.1	4.8	2
VTEC/STEC infection	13	36	▲	2.5	93.5	3
Yersiniosis	7	4	▼	2.0	98.2	2