

Health advice to help get you thru

Wash hands and keep Hurunui healthy

Help prevent the spread of tummy bugs by washing your hands or using hand sanitiser after toileting, and before and after eating or preparing food.

Boil or treat ALL water (except bottled)

Your council will be advising whether you need to boil or treat water from taps and tankers before drinking, brushing teeth or using in food preparation. Bringing water to the boil is sufficient to kill bugs. Water needs to be boiled even if the smell or taste of chlorine is present. If you cannot boil water, treat it by adding 1/4 tsp of bleach for a two litre container and letting it stand for 2 hours. After using bleach please ensure the lid is back on tight and it is out of reach of young children.

If you require medical attention contact your usual GP team

People in Hurunui who need to see their general practice team for quake-related appointments will pay reduced 'quake rates' to see their GP or nurse. To make an appointment, or to get some health advice, phone your usual general practice team. You can call any time of the day or night. If you have any diarrhoea, vomiting or fever please phone the nurse immediately. If it's an emergency call 111.

Take care with food and raw milk

If unsure about the safety of food due to lack of chilled or frozen storage, do not eat it. If you are using raw milk, heat it until it's just boiling before consuming - milk straight from the cow or vat can make you very ill.

Waterways may be contaminated

Do not swim, surf, paddle, fish, or gather shellfish or any other food from oceans and rivers.

Look after each other

We cope better together than alone. Check on your neighbours and look after yourself and your family. Connecting with people, helping others, giving your time, and regular exercise really can make a difference.

It's ok to ask for help.

Call the Earthquake Support Line on 0800 777 846 if you need support, advice or just someone to talk to.