

Public health advice – frequently asked questions

Can Havelock North children attend events in and outside Havelock North?

Yes, they can attend events in and outside Havelock North as long as they have followed the guidance given, this includes:

- Stay at home for 2 days (48 hours) after symptoms have stopped
- Follow hand washing guideline
- Follow the 2 week pool rule – no swimming or bathing in pools for 2 weeks post symptom ending.

Details are on the Our Health website

What if I'm on the pill and I'm sick or have diarrhoea?

It depends on how long you're being sick or have diarrhoea for. If you:

- Are sick (vomit) within two hours of taking your contraceptive pill, it will not have been absorbed by your body. You should take another pill straight away. As long as you're not sick again, you're still protected against pregnancy. Take your next pill at the usual time.
- Continue to be sick or have severe diarrhoea (passing six to eight watery stools in 24 hours), your protection against pregnancy could be affected.
- Are sick or have severe diarrhoea for more than 24 hours. If you can, you should carry on taking your pills at the normal time, but you may need to use extra contraception, such as condoms.
- Continue to be sick for more than 24 hours or you have severe diarrhoea for more than 24 hours, count each day with sickness or diarrhoea as a day that you've missed your pill and use the 7 day rule.

The 7 day rule

- You will not be safe until you have taken 7 hormone pills in a row
- Use another method of contraception such as condoms or do not have sexual intercourse while taking the 7 hormone pills
- If during this time a condom breaks or slips off, you will need an emergency contraceptive pill (ECP)
- If there are less than 7 hormone pills left in the pack, finish the hormone pills and start your new pack immediately (miss the 7 inactive pills or the 7 day break).

If you miss one or more pills, you may get spotting or bleeding. If you vomit or have severe diarrhoea for a week or more, you should follow the 7 day rule

Are there any complications to *Campylobacter* Infection?

Most people who get campylobacteriosis recover completely within two to five days, although sometimes recovery can take up to 10 days.

Rarely, *Campylobacter* infection can result in complications. Some people develop arthritis. Others may develop a very rare disease called Guillain-Barré syndrome that affects the nerves of the body beginning several weeks after the diarrhoeal illness.

How do I know if I have complications from campylobacter?

If you have had a campylobacter infection you need to monitor how you are feeling during the next month. If you have any of the symptoms below, please seek a health care professional's advice immediately.

Symptoms include:

- Reactive arthritis - **Joint pain and/or sore eyes**
- Guillain-Barré syndrome - **Muscle weakness in legs, arms or face which get worse over the course of the day**

You can call Healthline 0800 611 116, contact their General Practice or visit after hours services to get a health professional's advice.

It is important that complications are identified early so seek a health care professional's advice as soon as you notice symptoms.

Also we would like to remind people affected by campylobacter that complications are rare.



Can secondary infection occur with campylobacter?

Secondary infections occur via person-to-person transmission. When there is an outbreak of campylobacter, secondary infections can occur when faeces (poo) gets into a person's mouth.

For example when you wipe your bottom you can have faeces on your hand, if this is not cleaned properly, this will be transferred to whatever you touch next.

If this is food whoever eats that food can become infected with campylobacter.

How do I stop secondary infection?

You reduce the number of secondary infections and help prevent spread of campylobacter by:

- Washing hands thoroughly by using plenty of soap, cleaning under fingernails, rinsing hands well and drying on a clean towel, particularly:
 - before and after preparing food
 - after going to the toilet or changing a baby's nappy
 - after caring for people with campylobacter
 - after playing or working with animals
- People staying at home for two days (48 hours) once they are free of symptoms (diarrhoea, nausea and vomiting) before returning to school or work

For further information visit [our website](#).

