



Remember to take the full course of medication, even if you feel better halfway through the treatment. It's important!  
**LET'S GET RID OF THE STREP A BUG! USE THE STICKERS TO KEEP TRACK OF WHERE YOU ARE UP TO!**

# A Healthier Northland

He Hauora Mo Te Tai Tokerau



The Tui is the singer,  
the orator, the one who welcomes the new day.  
Tui feed on flax (harakeke) and spread its seeds,  
keeping the flax alive for future generations of Tui to enjoy.

Like the Tui, we want to be able to recite our whakapapa  
for generations to come. But if we don't look after the  
throats of our children - our future - the long shadow of  
rheumatic fever can damage their heart.

The Tui with its clear, strong voice symbolises why we must  
look after our children, and get sore throats checked out  
to prevent rheumatic fever.

For more information, check out the Rheumatic Fever tab on the Public Health  
page at <http://northlanddhb.org.nz> or call Healthline 0800 611 116



**NORTHLAND DISTRICT HEALTH BOARD**  
*Te Poari Hauora Ā Rohe O Te Tai Tokerau*



**LET'S GET RID OF THAT  
NASTY SORE THROAT  
- USE THIS STICKER BOOK  
TO CHECK YOU TAKE YOUR  
MEDICINE EACH DAY.**

*Sore throats can lead to rheumatic fever  
and heart disease – get them checked  
and make sure you take all the medicine!*