

The Public Health Nurse

Your guide to better health.

The public health nurse works in the community and is your guide to better health. The nurse can help with advice on matters that concern you, whether it's physical health such as eyesight, hearing, weight control; or things that affect health such as drinking, smoking or drugs. Also immunisation

against diseases like rubella — a virus that can cause tragic damage, during pregnancy, to unborn babies.

If you would like to discuss any emotional or stress situations concerning yourself, family or friends — in complete confidence, the nurse will help.

If need be the nurse can refer you to other health services or agencies that can assist.

How do you contact a nurse? Phone your local Health Department Office and ask to speak to a public health nurse, or ask where to contact one.

You can leave your name and phone number and a nurse will call you back. You are, of course, welcome to drop in to see the public health nurse.



The Public Health Nurse...

your guide to a better healthier life.

Contact your Public Health Nurse under Health Department in the phone book.

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