



🎄 **CHRISTMAS AND NEW YEAR HOLIDAY HOURS** – We will be open during Christmas and New Year period but with reduced hours from 22 December – 4 January.

- **Christmas Eve & New Year's Eve:** Open 9am – 3.30pm
- **Other days:** Open 9am – 5pm
- **All Public Holidays:** Closed



🌙 **PRACTICE PLUS (afterhours extended care)** – Available for you & your whanau afterhours virtual GP consultations; weekdays 5pm-10pm and weekends/public holidays 8am – 8pm. This service is provided by Practice Plus not Pegasus Medical Centre doctors. Pre-payment is required prior to booking (this is not a subsidised service). 👉 More information is on our website.

🌸 **HAYFEVER** is an allergic reaction to triggers like pollen, pets or dust mites, causing symptoms like runny nose, sneezing and itchy eyes. To manage symptoms, and avoid triggers, use saline nasal rinses, take over the counter or prescription medications like antihistamines or nasal sprays.

🧐 Self-Care

- ❖ **reduce exposure**, stay indoors when pollen counts are high.
- ❖ **Clean regularly**, vacuum and dust with damp cloth to remove allergens.
- ❖ **Manage pets**, wipe your pets coat with a damp cloth after they have been outside to remove pollen, it's best to keep pets out of bedrooms.
- ❖ **Avoid drying clothes outside**, dry inside to prevent pollen from sticking to them.
- ❖ **Use nasal saline rinses or sprays** to help clear the nasal passage.



💊 **Medications:** Antihistamines available as tablets or sprays for fast relief (some cause drowsiness). Nasal decongestant sprays. Eye Drops. Speak with pharmacist or book to see doctor if over the counter medicines are not providing relief.

🌺 **CERVICAL SCREENING CLINICS** – regular cervical screening (**smear tests or self-tests**) is one of the best ways to detect early changes that could lead to cervical cancer. Early detection means early treatment – and better outcomes. We have Clinics running weekly, these are led by our experienced practice nurses in a private, comfortable setting (funding available if you meet criteria).

❤️ **SEXUAL HEALTH HELP** – if you are 14-17 years old, you can see a doctor or nurse are free. We respect your privacy, and everything you talk about stays confidential.

🕒 **APPOINTMENT SLOTS** – Each **doctor's appointment** is **15 minutes**, allowing enough time for one or possibly two issues if brief. If you have multiple concerns, please **book two appointments** (additional fees apply)

💡 We are currently **booked more than two weeks in advance** for routine appointments – please **plan ahead** and book early. You can book appointments and request repeat scripts through our **patient portal "Manage My Health"** (link through our website).