

Keeping up to date | August 2013

MENTAL HEALTH FIRST AID

Mental Health First Aid is the help provided to a person developing a mental health problem or in a mental health crisis, until appropriate professional treatment is received or until the crisis resolves (Kitchener & Jorm, 2002).

Mental Health First Aid strategies are taught in training programs developed by Mental Health First Aid™ (MHFA) Australia, a national non-profit health promotion charity focused on training and research.

UPCOMING COURSE:

September 2nd and 9th 2013 from 9:30 am – 4:30 pm

Contact KMR SAFETY FIRST on 9718 1733 or visit our web site www.safetyfirst.com.au to book your place or visit www.mhfa.com.au for more course information



Asthma Tips for Parents and Carers this Winter

Winter can be a hard time for people with asthma as cold weather, coughs, colds and the flu can bring on more symptoms and attacks:

- The common cold is caused by a virus and it is important to try not to cough and sneeze near other people and to wash hands properly to prevent passing on the infection. The flu is different to the common cold and can be a much more serious viral infection.
- People with asthma are recommended to have an annual influenza vaccination (the flu shot). Preventing the flu protects people with asthma, as those with asthma are often unwell for longer and have a much harder time recovering from the flu.
- Make sure your child's asthma is well-controlled; this will help them to bounce back quicker from a cough or cold and will help prevent asthma attacks when they are unwell.
- Some medications and herbal remedies that we use for colds and flu can make asthma worse. Speak to your doctor or pharmacist about any concerns you may have.
- Antibiotics are not normally prescribed for the common cold, or influenza, as these medications will not help a cold get better. Effective medications may include paracetamol and decongestants; however seek advice from your doctor or pharmacist before purchasing them for your child.
- Suggested remedies for the flu and the common cold are: rest, staying hydrated by drinking plenty of water, staying away from cigarette smoke, using steam inhalation, gargling with salty water for a sore throat and seeking medical advice if concerned at any time.



For more please see the Better Health Channel
State Government of Victoria

www.betterhealth.vic.gov.au and the NPS website www.nps.org.au



TRAINING YOU TO MAKE A DIFFERENCE

P\F. 03 9718 1733 | safetyfirst@safetyfirst.com.au | www.safetyfirst.com.au | PO BOX 111 Hurstbridge VIC 3099

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Celebrate National Asthma Week
September 2nd - 6th 2013

Choose a day to wear blue during National Asthma Week and donate a gold coin to support asthma in Victoria

www.asthma.org.au



Asthma week 2nd - 6th September 2013

- Asthma Information Packs are available for:
- Parents and Carers of Young Children
 - Parents and Carers of School Aged Children
 - Teenagers
 - Adults
 - Seniors

To order your free Asthma Information Pack please contact the Asthma Foundation of Victoria or complete the [Information Pack order form](#).

Know what to do in an Asthma Emergency

Book into a KMR Safety First Emergency Asthma course and know what to do:

<http://www.safetyfirst.com.au/emergency-asthma-management/>



HURSTBRIDGE WATTLE FESTIVAL

Sunday 25th August 2013

10am - 4pm

Come and visit KMR Safety First and Enjoy the Festival

Town Centre: Heidelberg-Kinglake Road, Hurstbridge 3099



Remember to check us out on facebook:

<https://www.facebook.com/KMRSAFETYFIRST>

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