5 Ways to Wellbeing

A resource toolkit for Local Councils

Public Health Week
Monday 8 April to Friday 12 April 2019
Table of Contents
Public Health Week 2019 ........................................................................................................... 3
Background .................................................................................................................................. 3
   What is public health, and what is Council’s role in it? ............................................................ 3
   Why participate in Public Health Week? .................................................................................. 3
   Snapshot - public health progress and challenges ................................................................. 4
Public Health Week 2019 theme ............................................................................................... 4
   ‘5 Ways to Wellbeing’ daily themes ....................................................................................... 5
      Monday 8 April: Connect ..................................................................................................... 5
      Tuesday 9 April: Be Active .................................................................................................. 5
      Wednesday 10 April: Take Notice ..................................................................................... 5
      Thursday 11 April: Keep Learning ..................................................................................... 6
      Friday 12 April: Give .......................................................................................................... 6
Ideas for how your Local Council can be involved ................................................................. 6
Engaging with local organisations and residents ................................................................. 6
Engaging Council staff ............................................................................................................ 8
Engaging Elected Members .................................................................................................... 8
Supporting resources and communications ......................................................................... 9
   SA Health Resources ............................................................................................................ 10
Contact us ................................................................................................................................ 10
Appendix 1: Public Health Week 2019 – 5 Ways to Wellbeing ................................................. 11
   Why public health is so vitally important for healthy, liveable, and prosperous communities ....... 11
Appendix 2: Public Health Week 2019 – hosting healthy get-togethers ...................................... 12
Appendix 3: Health Protection Resources Order Form (April 2018) ............................................. 14
Public Health Week 2019

Public Health Week 2019 runs from Monday 8 April to Friday 12 April 2019, and aligns with World Health Day on Sunday 7 April 2019.

Public Health Week 2019 will build on the work of previous Public Health Week initiatives to increase public health awareness and action, by delivering simple, engaging messages about steps that individuals and communities can take to improve wellbeing, focused on this year’s theme ‘5 Ways to Wellbeing’.

This year’s theme recognises the important link between mental and physical health and wellbeing and focuses on the role that councils, communities and individuals can have in building a healthier community for all.

Background

What is public health, and what is Council’s role in it?

Public health is what we do collectively as a society to create conditions and environments for the health and wellbeing of all South Australians. Public health touches our lives — every day in thousands of ways — working behind the scenes to ensure that South Australians avoid illness and injury, and can be part of healthy, liveable and connected communities.

Councils play an essential role in public health, through everything they do that protects and promotes community health and wellbeing. Under Sections 6 & 7 of the Local Government Act 1999, and a raft of linked public health legislation, (including the South Australian Public Health Act 2011), local councils take action on public health. This is undertaken through multiple partnerships with State Government and non-government, industry and communities and builds thriving, healthy communities, and a healthy South Australia.

Local public health includes essential health protection action, such as wastewater management, food premises inspections, waste disposal and recycling, immunisation programs, and emergency management that continues to keep our communities safe and well. Councils lead many of these services locally. Although not as readily recognised, it is also the library and community centre, footpaths and cycle-ways, community programs, services and events, volunteer training and recognition, playgrounds, pet registration, healthy catering policies and smoke-free zones that make up public health action. Public health means planning for healthy, connected residential, recreation and retail precincts, asset management, community engagement and safety, local economic development and much, much more.

Why participate in Public Health Week?

Public Health Week provides an opportunity for councils to:

> showcase the broad range of Council-led public health services to the community and other local stakeholders, and draw their attention to key initiatives and achievements in public health practice;
> celebrate the skilled staff and volunteers who provide leadership in the delivery of local public health services;
> increase community participation, understanding, and support for public health initiatives;
> raise the profile of Council’s contribution to public health with your leadership (senior management, Mayors and Elected Members) and engage with them about the synergies between public health and Council’s broader strategic objectives for a healthy, prosperous and sustainable community;
> build Council support for innovative directions in community health and wellbeing, and help their translation into effective local strategies, programs and projects;
> highlight local public health excellence to the Minister for Health and Wellbeing, through the annual Minister for Health and Wellbeing Excellence in Public Health Awards, and
> link with a broader public health agenda across SA, and nationally.

**Snapshot - public health progress and challenges**

There are many positive signs of progress in protecting, promoting and improving health and wellbeing, including:

> most South Australians are living longer, like the rest of Australia, with life expectancy at birth climbing steadily over time;
> smoking and risky drinking (major risk factors for disease and early death) are declining in SA;
> digital inclusion and training (partnerships between country councils, SA Health and Telstra) reached nearly 3,000 seniors across regional SA in 2017-18;
> South Australian Councils’ global best practice waste management system diverts 140,000 tonnes of kerbside recyclables from landfill each year;
> all councils are engaged in action to mitigate current impacts of climate change and prepare for a resilient future, and
> growing community support for broader council action on community wellbeing – above and beyond roads, rates and rubbish.

However, we still have work to do in a number of areas to meet ongoing and emerging public health challenges, including:

> overweight and obesity - more than half of South Australian adults are overweight or obese, with rates at their highest levels recorded so far;
> immunisation - we have made some great progress on childhood immunisation, but SA’s rates are still lower than national immunisation rates;
> risk distribution - the poorest people in our state are at highest risk of chronic illness and premature death. While Aboriginal South Australians are now living longer, they are still more likely to die at younger ages than non-Aboriginal South Australians;
> volunteering - SA’s volunteering contribution remains high, but there has been a 9% decline in all its forms over the period 2006-2018;
> climate resilience - we are losing tree cover and gaining hot spots – metropolitan Adelaide’s tree canopy fell by nearly 2% across from 2009-2016, while hard surfaces increased by over 2.5% in the same period;
> healthy, sustainable transport rates – SA is lagging behind the rest of Australia, with one of the lowest cycling rates, and low rates of public transport, relative to the rest of the country;
> public safety - dog attacks requiring hospitalisation have increased by over 85% over the last five years.

**Public Health Week 2019 theme**

This year’s Public Health Week theme 5 Ways to Wellbeing encourages us all to take easy, attainable ‘steps towards healthy’ through five themes for improving mental wellbeing. Our initiative is based on the UK’s successful 5 Ways to Wellbeing campaign, and SA partnerships with a broad range of stakeholders and partners in the mental health and environment sectors, in particular, the Department for Environment, and Water the Mental Health Commission and SA Health’s Suicide Prevention Networks.

Each day of Public Health Week 2019 will have a different focus drawn from the 5 Ways to Wellbeing key messages:

Connect ◦ Be Active ◦ Take Notice ◦ Keep Learning ◦ Give
‘5 Ways to Wellbeing’ daily themes

**Monday 8 April: Connect**

With the people around you. With family, friends, colleagues and neighbours. At home, work, school, or in your local community. Think of these as the cornerstones of your life and invest time in developing them. Building these connections will support and enrich you every day.

> Developing close relationships and socialising with friends, family and others, is important for good health and wellbeing.
> Broadening your social networks and range of relationships with others in the wider community, is also important for your wellbeing.
> Regular participation in community activities is great for physical and mental wellbeing. Being an active part of the community can include involvement in a social or community group, sport or physical recreation group or attendance at events or programs.
> Survey results show that social participation is the most significant difference you can make towards high levels of wellbeing.
> Celebrate and promote the wide variety of activities, events and opportunities that encourage residents of all ages to be involved in their community, and which can bring the whole community together.

**Tuesday 9 April: Be Active**

Go for a walk or a run. Step Outside. Cycle. Play a game. Garden. Dance. Exercising makes you feel good. Most importantly, discover a physical activity you enjoy and that suits your level or mobility and fitness.

> Being active is important for good health at all ages and life stages to help keep your mind and body working well.
> Being active doesn’t need to be hard or costly, and can be very enjoyable.
> Being active can improve your moods and increase self-confidence, keep you at a healthier weight, increase your muscle mass, increase your brain cells, and prevent or delay the onset of many illnesses.
> Celebrate and promote Council’s vital role in supporting communities to be active. Planning healthy, accessible spaces and facilities supports active travel and leisure.

**Wednesday 10 April: Take Notice**

Be curious. Catch sight of the beautiful. Remark on the unusual. Notice the changing seasons. Savour the moment, whether you are walking to work, eating lunch or talking to friends. Be aware of the world around you and what you are feeling. Reflecting on your experience will help you appreciate what matters to you.

> Being in a state of mindfulness predicts positive mental states, and heightened self-knowledge – it helps us to enjoy the world more and better understand ourselves.
> Lives can be busy, yet we all have a ‘pause’ button. Try taking a breath or a break to rest and sit quietly, perhaps in a busy place, noticing the interactions between people, maybe outdoors, listening to the sounds of nature, or taking a break from work.
> Celebrate and promote safe spaces for creating mindfulness – peaceful parks and gardens, heritage and history walkways, for reflection, meditation, or watching the sky.
Thursday 11 April: Keep Learning

Try something new. Rediscover an old interest. Sign up for that course. Take on a different responsibility at work. Fix a bike. Learn to play an instrument or how to cook your favourite food. Set a challenge you enjoy achieving. Learning new things will make you more confident as well as being fun.

> We tend to place great importance on making sure children and young people develop skills, knowledge and experience to help them on their journey into adulthood. But research shows it’s just as important for people of all ages and life stages to keep learning for happiness, health and wellbeing.

> Celebrate and promote the range of opportunities for learning that Council offers through programs, services and events that encourage the community to try something new and develop different skills.

Friday 12 April: Give

Do something nice for a friend, or a stranger. Thank someone. Smile. Volunteer your time. Join a community group. Look out, as well as in. Seeing yourself, and your happiness, as linked to the wider community can be incredibly rewarding and creates connections with the people around you.

> Most people would agree that helping others is a good thing to do in itself. But research shows it can also improve your wellbeing.

> Celebrate and promote the volunteering programs that create opportunities for people to participate in giving back to their local community and add value to Council services.

Councils may wish to bring your public health activities in line with one or all of the daily themes, or focus on the overall Public Health Week 2019 wellbeing message.

Ideas for how your Local Council can be involved

Public Health Week provides opportunities for Councils to showcase all that happens to support public health in their community and the role that everyone plays in creating healthy communities to a broad audience of stakeholders.

There are many ways to be involved in this year’s Public Health Week. Drawing from council feedback about their involvement, the Toolkit table suggests activities for councils that have been aligned to each of the 5 Ways to Wellbeing daily themes. Councils are encouraged to shape their activities and communications for the week, to suit your local needs. The table below includes ideas that have worked well for councils in previous Public Health Weeks as well as ideas based around this year’s theme.

Engaging with local organisations and residents

<table>
<thead>
<tr>
<th>Public displays</th>
<th>Set up a display in one of Council’s library sites, community centres or civic spaces, with key facts and information about public health services that Council provides to the community.</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Host a special event or activity to highlight a significant public health issue and Council’s response.</td>
</tr>
<tr>
<td></td>
<td>Make staff and community interaction opportunities part of displays for Public Health Week.</td>
</tr>
<tr>
<td></td>
<td>Make use of free Public Health Week resources to distribute to the community – order these from SA Health <a href="http://www.sahealth.sa.gov.au/protectingpublichealth">www.sahealth.sa.gov.au/protectingpublichealth</a>.</td>
</tr>
</tbody>
</table>
| **Community programs supporting wellbeing** | Promote the many local community programs that help people to connect with each other and give back to the community. Examples include library and community programs and events, community gardens, senior’s youth and family events, strength for life programs, Heart Foundation Walking Groups, walk to school and other active travel initiatives.  
Show the breadth of public health services that are available to residents in foyer displays, written and website information.  
Promote Council’s 2019 Calendar of Programs and Services that encourage community members to try something new and develop new skills.  
Provide a list of programs that welcome volunteers. |
| **Electronic media and signage** | Display public health messages on electronic signboards in prominent locations in your community and/or make use of existing sign structures.  
Run the SA Health Public Health Week animation at service counters and on library screens.  
Create a Council-specific infographic showing key public health services that your council provides to the community.  
Share Public Health Week Facebook posts on Council’s Facebook page. |
| **Launches, announcements and communications** | Prepare a media release about Public Health Week and the local public health programs, services and achievements of Council.  
Launch or showcase a key public health initiative (e.g. opening of a walking trail, redeveloped park, installation of fitness equipment, new plan or policy).  
Write an article for a council publication or offer inserts for school and other community newsletters.  
Seek community feedback on Council’s action to build local wellbeing. |
| **Community resources** | Provide maps of playgrounds, walking and cycling paths/trails parks, outdoor gym stations, local community and recreation centres, public toilets and water fountains.  
Promote greenspace, public art, sites of historical and/or environmental significance.  
Hold a ‘5 Ways to Wellbeing’ event specifically to celebrate and recruit volunteers in your community.  
Run relaxation and mindfulness classes, and/or promote local providers.  
Base toddler story times and afterschool activities around ‘5 Ways to Wellbeing’ themes. |
| **Community group events and displays** | Ask local community and sporting groups to hold ‘open days’ and ‘come and try days’ to raise awareness and encourage community participation. Publicise 5 ways to Wellbeing benefits through digital literacy courses, Men’s Shed activities, community gardens and other activities running during Public Health Week. |
| **Link with schools** | Engage with local schools, especially with staff who are responsible for student health and wellbeing. Provide information about ‘5 Ways to Wellbeing’ and support ideas for activities that highlight its daily themes for Public Health Week 2019. |
| **Offer a speaker on public health topics** | Offer a Council staff member, such as an Environmental Health Officer, immunisation provider, open space planner or engineer to talk about public health, and their work to community groups, schools, parent groups, playgroups and service organisations, supported by information and resources from SA Health. Invite a speaker from outside council to talk on a public health issue of interest to the community. |

**Engaging Council staff**

| **Set up a working group** | In previous years, some councils have established a small working group of people across the organisation to organise plans for Public Health Week. |
| **Host a breakfast, morning tea or lunchtime event** | Arrange a breakfast, morning tea or lunch with Council staff to celebrate Public Health Week, and to acknowledge the role that teams across Council play in providing public health services and creating a healthy community. See Appendix 2 for more information about hosting healthy gatherings. Think about inviting staff who may not connect community health and wellbeing benefits to their daily work – for example customer services staff, park and garden maintenance teams, asset managers and engineers. Link Council events that fall during the week 8-12 April to Public Health Week 2019 wellbeing themes and to World Health Day (7 April). |
| **Information for staff** | Include information about Public Health Week 2019 on staff intranet pages, and on staff notice boards, including Public Health Week posters and fact sheets. Promote ‘Get Healthy’, SA Health’s free telephone based lifestyle coaching service for adults wanting to make changes about eating well, being physically active, and achieving and maintaining a healthy weight. |

**Engaging Elected Members**

| **Invite to Public Health Week activities** | Invite the Mayor, Elected Members and senior staff to Public Health Week activities, events, displays and launches. |
Provide information and resources

Provide an information paper to Elected Members about Council’s public health achievements over the past 12 months, linking outcomes to the achievement of actions in key strategic documents such as Community Plans, Strategic Plans or Regional Public Health Plans that have visions for a healthier, more active, safe and vibrant community.

Use SA Health resources and infographics to advocate for the important role of public health in building a healthy community.

Provide resources such as:

> Public Health Week information for senior managers and Elected Members (Appendix 1).

Promoting the 2019 Minister for Health and Wellbeing Excellence in Public Health Awards

Promote the 2019 Awards Ceremony being held during this year’s Ordinary General Meeting (OGM).

Encourage your Mayor, Elected Members and Senior Management to stop by the Public Health Week stall over the OGM to chat with staff from key public health programs and services across SA.

Preparing for 2020

Start canvassing a public health initiative to nominate for the 2020 Minister for Health and Wellbeing – Excellence in Public Health Awards to highlight the significant contribution your council has made to public health outcomes for your community (look out for the call for nominations - usually towards the end of the calendar year).

Ask community members what they would like to see happen in this years (and next year’s) Public Health Week.

Supporting resources and communications

SA Health has materials supporting Public Health Week activities – including posters, e-resource materials and an animation – available at no cost for Councils to use with key stakeholders and the community, to raise awareness about public health and the significant role that Council plays in protecting health, preventing illness and promoting wellbeing.

Councils that participated in previous years’ Public Health Week initiatives have reported extremely positive community responses to key messages and supporting resources

“It was a good way to promote all we do for public health and to get the community thinking about health more broadly.”

“It is a great idea to promote public health as there is poor understanding by the community on this area.”

“The infographic was successful in promoting public health with the community.”

In addition, to support Councils participating in Public Health Week 2019, SA Health has an online hub for Public Health Week information and resources. The website www.sahealth.sa.gov.au/protectingpublichealth links councils with resources for community members, details about the Minister for Health and Wellbeing Excellence in Public Health Awards, and information about the activities happening during Public Health Week. Councils can access resource order forms through this website, to request copies of existing public health resources for distribution at events and activities.
SA Health’s Public Health Week email address, health.publichealthweek@sa.gov.au is the site for all council queries and correspondence. In the lead up to this year’s Public Health Week, regular communiqués will be emailed to councils.

Councils are encouraged to email SA Health with information about their Public Health Week activities, which will be included in an online Calendar of Events posted on our website. Councils can also check SA Health social media channels, for updated daily public health week theme posts and other Public Health Week content.

> Facebook – www.facebook.com/sahealth
> Twitter – http://twitter.com/sahealth
> LinkedIn – www.linkedin.com/company/sa-health
> Instagram – www.instagram.com/sahealth

We are working with the LGA Public Health Program and Communications team to make this information easily accessible to councils as a resource for your own Public Health Week activities.

SA Health Resources

Resources must be ordered directly from the SA Health Warehouse.healthprotection@purchasepoint.com.au

See Appendix 3 for the order form for health protection resources (such as swimming pool, fight the bite, and animal contact guidelines)

To order the resources listed below, click directly on their links

Health Promotion Community Education Resource Order Form

Handwashing Hygiene ‘Wash Wipe Cover’

Immunisation

Contact us

Further information about Public Health Week 2019 is available by contacting the Local Government Relations and Policy Team at SA Health.

Email: Health.Publichealthweek@sa.gov.au

Call (08) 8226 6236 or (08) 8226 6125

Local Government Relations and Policy
Office of Public Health, SA Health
Appendix 1: Public Health Week 2019 – 5 Ways to Wellbeing

Why public health is so vitally important for healthy, liveable, and prosperous communities

Public Health Week 2019 will run from Monday 8 April to Friday 12 April 2019. Public Health Week also aligns with World Health Day on Sunday 7 April 2019. Public Health Week is an opportunity to celebrate the role that Councils play in creating liveable and healthy communities. Councils can showcase to the community the many ways in which the infrastructure and services they provide keep people safe and well.

What is public health and what is Council’s role in it?

When you hear the word ‘public health’, you might think of hospitals, medical care and sick people, but public health is what we do collectively to create the conditions and environments that support the wellbeing of all South Australians. Public health works behind the scenes to ensure residents in your community avoid illness and injury and have a better life. It touches the lives of all South Australians every day in unseen ways.

At the local level, public health is everything Council does that protects and promotes community health and wellbeing; food premises are inspected, immunisations are delivered, planning happens to create safe, well-used open spaces and community facilities. Public health benefit is delivered in the local library, well planned footpaths and cycle ways; the skate park, playground, and dog park; the walking trail and community garden, outdoor gyms, volunteering opportunities, men’s sheds, healthy catering policies, smoke free policies, connecting homes to local shops, schools, and businesses. These are but a few examples of public health at work in your council, for your community – creating opportunities for healthy living, play and work.

This year’s Public Health week theme - 5 Ways to Wellbeing

The Public Health Week 2019 theme “5 Ways to Wellbeing” provides easy ways for all South Australians to feel better within ourselves and with the world around us. Each day of Public Health Week is based around a theme from the successful New Economics Foundation initiative in the UK:

> Connect – with others; your family, your friends, your community
> Be Active – exercise, dance, play, move your mood
> Take Notice – Be curious, be aware of what is going on around you
> Keep Learning – try something new, sign up for a course
> Give – your time, your presence, your appreciation

The 5 Ways to Wellbeing encourage individuals, groups and leaders to think about the ways we can all strengthen wellbeing. The 2019 Public Health Week Toolkit for Councils contains more information about Public Health Week and this year’s focus 5 Ways to Wellbeing. It includes dozens of ideas for Council activities over the week to promote public health awareness and all that Council does through leadership, support, and advocacy.

Public Health Week activities

During Public Health Week, there will be a range of activities organised by SA Health, the LGA, Local Councils and other partner agencies. For more information about Public Health Week, visit www.sahealth.sa.gov.au/protectingpublichealth.
Appendix 2: Public Health Week 2019 – hosting healthy get-togethers

Public Health Week 2019 will run from Monday 8 April to Friday 12 April 2019 and will align with World Health Day on Sunday 7 April 2019. Public Health Week is an opportunity to celebrate the role that councils play in creating liveable, vibrant and healthy communities. Councils can showcase to the community, the many ways in which the infrastructure and services provided by Council, contributes to keeping people safe and well.

This fact sheet has been developed for councils and other organisations to provide ideas and tips for hosting healthy get-togethers during Public Health Week.

Hosting a healthy get-together

Get involved in Public Health Week by hosting a healthy get-together. As well as being fun and a great way to get to know the people around you better, a healthy breakfast, morning tea or lunch also gives you an opportunity to promote public health and the importance of food safety and healthy eating.

Tips for healthy get-togethers

- Have plenty of fresh water available for people to drink.
- Include lots of fresh fruits and vegetables.
- Use reduced-fat dairy options, like milk, yoghurt and cheese.
- Go for wholemeal and wholegrain bread and cereal choices.
- Use margarine or olive oil rather than butter.
- Lean meats and meat alternatives, like eggs, unsalted nuts, and tofu, are good additions.
- Pick fresh or baked food rather than ones that have been fried.
- Try limiting foods that have high sugar, fat and salt levels, like cakes, biscuits, pastries, chocolates, lollies and sugary drinks.

Things to keep in mind

- Set the date, time and venue during Public Health Week for your healthy get-together and give staff a few weeks’ notice about the event.
- Decide whether you will be providing the food or if guests will be asked to bring a healthy plate along to share.
- Plan how you will let people know about your healthy get-together – for example, you could use email, your intranet, or posters.
- Ask people attending your healthy get-together to let you know in advance if they have any dietary requirements or allergies.
- Think about providing some options for people who are vegetarian or who have intolerances to gluten or dairy.
- Make a list of things other than food that you will need to host your healthy get-together, like plates, serviettes and access to hot water.
- Consider promoting the ‘Get Healthy’ free telephone coaching service to staff that attend (www.gethealthy.sa.gov.au).

Foods to include at your healthy get-together

If you are not sure what foods to include in your healthy get-togethers, we have plenty of suggestions on our website at www.sahealth.sa.gov.au/healthyliving. Here are some ideas to get you started:

Healthy breakfasts

- Fruit platters
- Fruit pancakes or pikelets
- Fruit-based muffins
> Wholemeal, wholegrain or raisin breads
> Yoghurt
> High-fibre cereals
> Low fat or skim milk
> Vegetable frittata

Healthy morning or afternoon teas
> Savoury muffins
> Banana bread
> Fruit kebabs
> Cold lean meats
> Salad platters
> Mini quiches
> Wholegrain crackers
> Vegetable-based dips

Healthy lunches
> Wholegrain or wholemeal salad
> Sandwiches or wraps
> Fresh fruit
> Zucchini slice
> A range of salads
> Sushi

More ways to make yours a healthy get-together
> Host it outside and give your guests a chance to get outdoors and be active.
> Invite guests to bring a gold coin donation for a public health area of interest.
> Make it educational by inviting a guest speaker to talk about healthy eating or another aspect of public health.
> Host a bake-off by having guests bring along a healthy plate of food to share and choose a winning dish.
> Compile a healthy cookbook by inviting guests to bring along their favourite healthy recipe to share.
> Make it active by combining your healthy get-together with a short walk.

Other useful resources
Healthy Food Choices in Local Government: A guide to healthy catering available for download at [www.flinders.edu.au](http://www.flinders.edu.au)
The Dietitians Association of Australia: [www.daa.asn.au](http://www.daa.asn.au)
Nutrition Australia: [www.nutritionaustralia.org](http://www.nutritionaustralia.org)
## Appendix 3: Health Protection Resources Order Form (April 2018)

<table>
<thead>
<tr>
<th>Resource details</th>
<th>Office Use Only</th>
<th>Order limits</th>
<th>Quantity requested</th>
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</thead>
<tbody>
<tr>
<td><strong>Head lice resource</strong></td>
<td></td>
<td></td>
<td></td>
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<tr>
<td><strong>Head lice brochures – DL</strong></td>
<td>(HPR010)</td>
<td>Maximum 250</td>
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<tr>
<td><strong>Swimming pool resources</strong></td>
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<tr>
<td>‘Keep the pool clean swimmers’ poster – A4</td>
<td>(HPR020)</td>
<td>Maximum 10</td>
<td></td>
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<tr>
<td>‘Keep the pool clean swimmers’ poster – A3</td>
<td>(HPR021)</td>
<td>Maximum 10</td>
<td></td>
</tr>
<tr>
<td>‘Keep the pool clean swimmers’ poster – A3 corflute</td>
<td>(HPR022)</td>
<td>Maximum 10</td>
<td></td>
</tr>
<tr>
<td>‘Keep the pool clean swimmers’ infographic – A4</td>
<td>(HPR023)</td>
<td>Maximum 5</td>
<td></td>
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<tr>
<td>Mosquito resources</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Fight the bite brochure, at home – DL</td>
<td>(HPR030)</td>
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<tr>
<td>Fight the bite brochure, on holiday – DL</td>
<td>(HPR031)</td>
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<td></td>
</tr>
<tr>
<td>Fight the bite poster – A4</td>
<td>(HPR032)</td>
<td>Maximum 10</td>
<td></td>
</tr>
<tr>
<td>Animal contact resources</td>
<td></td>
<td></td>
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<tr>
<td>Animal contact guidelines – A4 book</td>
<td>(HPR050)</td>
<td>Maximum 5</td>
<td></td>
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<tr>
<td>Legionella resources</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Guidelines for the control of Legionella – A4 book</td>
<td>(HPR040)</td>
<td>Maximum 5</td>
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</table>
enHealth Guidelines for Legionella Control – A4 book

Sharps disposal resources

<table>
<thead>
<tr>
<th>Resource Description</th>
<th>Number Available</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sharps disposal warning sign (sticker) A6</td>
<td>Maximum 50</td>
</tr>
</tbody>
</table>

Please note:

These resources are available FREE OF CHARGE.

There must be a person available to sign for the delivery on arrival.

You will not receive confirmation of your order.

No more than the maximum amount of resources outlined on the order form will be provided. If you require more than the listed maximum number, please contact Health Protection Programs on 08 8226 7100.

Due to the limited resources, your order may not be filled exactly as per your request.

Resources are for distribution in South Australia only.

This section must be completed:

Contact person

Position

Organisation name

Street address (PO Box not suitable)

Suburb

Postcode

e-mail address

Telephone
Please email the completed Resource Order Form to: healthprotection@purchasepoint.com.au
or fax to: 8234 0988
or post to:
Purchase Point Australia
10 Aristotle Close
GOLDEN GROVE 5125

If you have any queries please phone Health Protection Programs on: 08 8226 7100

For more information

Local Government Relations and Policy
Public Health Services
Level 4, 11 Hindmarsh Square
Adelaide SA 5000
Telephone: 8226 7100

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