

# VIDARIS NEWSLETTER

## STUDY WELL UNDER WAY

VIDARIS is now in its fifth month and everything is going very well.

At this stage all participants have completed at least one of their monthly appointments. Many of you are now up to your four month appointment.

At the five month appointment there will be blood pressure recordings (and a dry scalp questionnaire for some of you), in addition to the usual questions.

## COLDS AND FLU

As expected for this time of year, we are now seeing quite a few coughs and colds. Influenza has recently appeared in the country, with a small number of cases reported from the North Island and South Can-

terbury. No cases have yet been reported from Christchurch.

There have been 183 upper respiratory infections (URIs) reported from all participants, and the number per week has been increasing steadily (see graph below).

Thanks to everyone for contacting us with their coughs and colds. It is very important that we know about every episode and it is best to contact us soon after your first symptoms appear (no matter how mild they seem).

The one page form is filled out for every day from the time the symptoms first appear, although we can only go back one day with the symptoms section. If you can let us know as soon as possible then there is less need for backdating.

## FILLING OUT URI FORMS

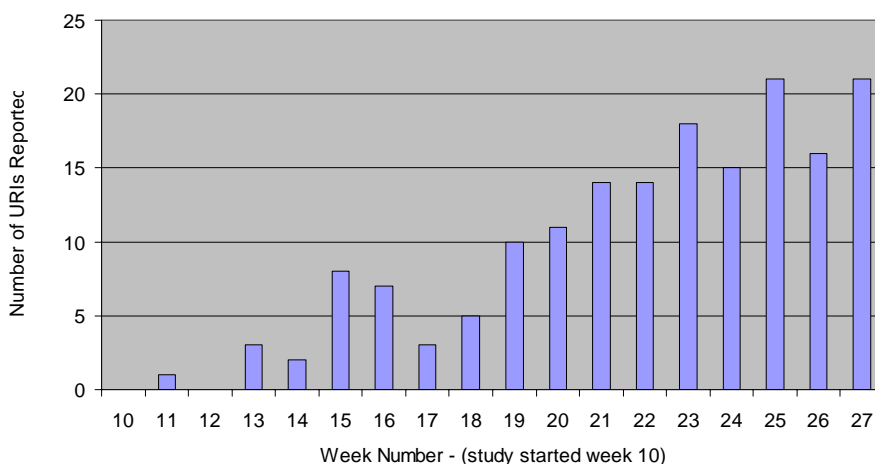
The URI questionnaires need to be filled out every day until you have two consecutive days of "Not Sick" (the first question at the top of the questionnaire) or for a maximum of 14 days.

If you have symptoms then we encourage you to tick the first section as feeling something more than 'Not sick', i.e. only tick 'Not Sick' if you are completely symptom free.

If you have defined two days as "Not Sick", please ensure that you fill out the rest of the form, providing a response for each symptom (there is a circle to mark if you don't have the symptom).

If you are unsure about how to fill in the URI forms please don't hesitate to contact us.

VIDARIS - URIs Reported per Week (updated 5 July 10)



## Contact details:

Sandy Slow 378 6544  
After hours 0800 VIDARIS  
0800 8432747