

# VIDARIS NEWSLETTER

## EARTHQUAKE AND VIDARIS

We want to acknowledge the incredible support from all participants during the big shake up and its aftermath. Our office was closed for a week, which meant we missed some appointments and had to reschedule. Although some participants suffered major damage to their homes and many were busy with more immediate concerns, everyone still made time to attend appointments. We also appreciate those people that still managed to contact us during this time to report cold and flu symptoms. As a result the study has not been affected and we are all up to date. So a big thank you to everyone from the VIDARIS team for your support.

We know quite a few of our participants have had their homes affected. We wish to say that we appreciate just how difficult this time is for you and we hope that these issues can be resolved and you can get back to normal as quickly as possible.

## CHRISTMAS AND HOLIDAYS

Christmas is not far away if you look at the shop displays that are appearing. Christmas time is a busy time for most people with functions and holiday planning. We would appreciate it if participants could let us know of any Christmas/New Year holiday plans. The University of Otago requires their staff to take leave from 24<sup>th</sup> December until the 4<sup>th</sup> January inclusive. Sandy,



the VIDARIS Co-ordinator will be at the study rooms at 10 Oxford Tce on the 29<sup>th</sup>, 30<sup>th</sup> and 31<sup>st</sup> December to conduct some appointments. However, she will need to stay on site so there will be no appointments at other locations, such as, PMH or Burwood during this time.

The project assistants can arrange appointments to avoid these times and if necessary give participants their capsules and forms to take with them on holiday.

If you know you have holiday plans for December and January could you let the project assistants know at your next monthly appointment.

## HAY FEVER SEASON

We are into hay fever season again. Hay fever symptoms can be similar to cold/flu symptoms. People who suffer from hay fever generally know the difference. Those participants who are **absolutely sure** their symptoms are the result of hay fever do not need to contact us. However, if you are unsure whether you have a cold/flu or are suffering from hay fever please let us know as usual.

## HOW TO CONTACT US

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## Study Co-ordinator Sandy Slow

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