



COLDS & FLU

Understanding colds & flu

- Common cold symptoms are cough, sore throat and runny nose
- Influenza virus causes above, but also severe fever, chills, muscles aches and potentially vomiting
- Both are spread by droplets when a person coughs or sneezes or on surfaces
- Those affected are infectious from the day before symptoms and for up to 7 days in adults and 10 days in kids
- Flu strains change every year so getting an annual vaccination is important – those over 65 years or have a long term medical condition get the fluvax for free

Protect yourself & others

- The best time to get the flu vaccine is in April or early May
- Vitamin C may reduce the duration of colds but doesn't stop you from catching them
- Zinc tablets can reduce the duration of colds
- Wash your hands with either soap and water or an alcohol-based hand rub regularly
- Encourage sick family and friends to wait to visit until they are feeling better (and vice versa)
- Protect those around you by washing hands regularly and sneezing or coughing into an elbow
- Get lots of rest and keep up with your fluids

See your GP

- If longer than 1 week, productive phlegm or fever
- Any red flags – short of breath or breathing rapidly, have chest pain, feel confused, feel dizzy or can't stop vomiting
- Note antibiotics will not help with the flu – very occasionally people can have secondary bacterial infections when antibiotics might be useful
- Sometimes if flu is diagnosed, an anti-viral medication is used for those with medical risks



O S A N A

HEALTHCARE RE-IMAGINED