

Flu or Cold What you need to know 2011

Catch it



Bin it



Kill it



Flu germs spread quickly

Catch it. Bin it. Kill it.



If you could see flu germs, you'd see how quickly they spread.

Cold and flu germs can live on some surfaces for hours. To protect yourself and others this winter, always carry tissues with you and use them to catch your cough or sneeze. Bin the tissue, and to kill the germs, wash your hands with soap and water, or use a sanitiser gel. This is the best way to help slow the spread of flu. For more information visit www.nhs.uk

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Should I have the flu vaccine?

Seasonal flu vaccine is offered to people in **at risk groups** every year, usually from the autumn. If you are eligible for a free flu vaccine and have not yet had it you should try to do so as soon as possible. This is because flu is a highly infectious disease caused by an influenza virus that can cause serious complications in people with lower immunity because of their age, existing health conditions or pregnancy. Every year scientists look out for the most common types of flu virus and develop a vaccine to prevent against these.

Even if you feel healthy, adults and children over 6 months should consider having the free seasonal flu vaccination if they have:

- a heart problem
- a chest complaint or breathing difficulties, including bronchitis or emphysema
- a kidney disease
- lowered immunity due to disease or treatment (such as steroid medication or cancer treatment)
- a liver disease
- had a stroke or a transient ischaemic attack (TIA)
- diabetes
- a neurological condition, for example multiple sclerosis (MS) or cerebral palsy
- a problem with your spleen, for example sickle cell disease, or you have had your spleen removed.

You should also have the seasonal flu vaccination if you:

- are aged 65 years or over
- are pregnant
- live in a residential or nursing home
- are the main carer of an older or disabled person



Is this a cold or flu?

Colds and flu have similar symptoms but are caused by different viruses. Flu can be much more serious than a cold, but healthy people can generally look after a cold or flu at home without needing to see a doctor.

Cold	Flu
- runny nose, beginning with clear mucus that develops into thicker, green mucus as the cold progresses	- sudden fever of 38-40°C (100-104°F)
- blocked nose	- muscle aches and pains sweating
- sore throat	- feeling exhausted and needing to lie down
- cough & sneezing	- dry, chesty cough & sneezing

Choose Well for cold or flu



Self Care- Treat yourself at home. Get plenty of rest. Drink lots of non-alcoholic fluids to stay hydrated. Use treatments containing paracetamol or ibuprofen.

Pharmacy- Ask for advice on over the counter remedies. Pharmacists are experts in treating this kind of illness. Find a pharmacy with NHS Direct 0845 46 47 or www.pompey-pharmacy.info

GP Surgery- You should only to contact your surgery if you develop more serious symptoms, you are in an at risk group, or your symptoms are still getting worse after several days. Antibiotics will not cure a cold or flu.