

Say no to Flu

As the flu season is upon us the College would like to remind you about a few simple precautions which will help you stay healthy.

NHS guidance on how to prevent flu

The flu vaccine reduces the risk of catching flu, as well as spreading it to others.

Good hand hygiene is essential particularly after using the toilet or before food preparation or eating.

You can use alcohol gels but don't rely on them as they are no substitute for good hand washing, gels kill most bacteria but not all viruses such as flu.

NHS guidance on how to avoid spreading the flu

Flu is very infectious and easily spread to other people. You're more likely to give it to others in the first 5 days.

Flu is spread by germs from coughs and sneezes, which can live on hands and surfaces for 24 hours.

To reduce the risk of spreading flu:

- wash your hands often with warm water and soap
- use tissues to trap germs when you cough or sneeze
- bin used tissues as quickly as possible

NHS guidance on common symptoms of flu

Flu symptoms come on very quickly and can include:

- a sudden fever – a temperature of 38C or above
- aching body
- feeling tired or exhausted
- dry, chesty cough
- sore throat
- headache
- difficulty sleeping
- loss of appetite
- diarrhoea or tummy pain
- nausea and being sick

The symptoms are similar for children, but they can also get pain in their ear and appear less active.

NHS guidance on how to treat flu yourself

To help you get better more quickly:

- rest and sleep
- keep warm
- take paracetamol or ibuprofen to lower your temperature and treat aches and pains
- drink plenty of water to [avoid dehydration](#) (your pee should be light yellow or clear)

The NHS suggest you see your GP if:

- your symptoms don't improve after 7 days
- you're worried about your child's symptoms
- you're 65 or over
- you're pregnant
- you have a long-term medical condition – for example, diabetes or a heart, lung, kidney or neurological disease
- you have a weakened immune system – for example, because of chemotherapy or HIV

Further information and advice is available through the NHS and this can be accessed through the following link.

[Flu - NHS.UK](#)