

WINTER WELLNESS

THE COOLER MONTHS BRING COLDS, THE FLU, COVID, RSV AND OTHER RESPIRATORY ILLNESSES. BEING PREPARED IS THE BEST WAY TO PROTECT YOURSELF, YOUR FAMILY AND THE COMMUNITY.

 Common Symptoms of Respiratory Illnesses include:

- Fever, cough, runny nose, sneezing
- Sore throat, headache, muscle aches
- Fatigue and feeling unwell

 How They Spread:

- Breathing in droplets from coughs/sneezes
- Touching contaminated surfaces and then your face

 What To Do If Sick:

- Rest, drink fluids
- Use paracetamol or ibuprofen if in pain
- Stay home until symptoms improve

 When To See a Doctor:

- Trouble breathing or walking
- Vomiting or dehydration
- Confusion or worsening symptoms

 Prevention Tips

- Wash hands often (20 seconds with soap)
- Use tissues or elbows to cover coughs/sneezes
- Clean shared surfaces and utensils
- Keep sick children home from school or childcare