

TOP TIPS FOR COLD, FLU AND COVID SEASON

TOP TIPS

- Wash your hands frequently and avoid touching your eyes, nose or mouth
- Get your seasonal flu vaccine and your COVID booster as soon as you are eligible. Both vaccines will be available at your local pharmacy.
- Stay home if you are ill, especially in the first few days when you are most infectious. If you must leave the house before you are completely recovered, wear a mask to protect others.
- Keep medications such as acetaminophen and ibuprofen on hand.



FOR MILD SYMPTOMS

- Rest
- Drink plenty of fluids
- Use over-the-counter pain and fever medications as needed to relieve your symptoms
- For cough: try a teaspoon of honey (not for children < 1yr of age), turn on a humidifier
- For a sore throat: try lozenges or gargle warm salt water
- For mild discomfort with breathing: Keep the room cool, open the window, try relaxation exercises and shifting your position



WHEN SHOULD I OR MY CHILD SEE A DOCTOR?

CHILD

A child should be assessed by a physician or nurse practitioner if the child:

- Has a fever and is under 3 months of age (this requires an Emergency Room visit)
- Has a fever lasting 72 hours or more,
- Has an earache lasting more than 48-72 hours
- Is struggling to breathe or is really out of breath
- Shows possible signs of*dehydration:
 - less wet diapers,
 - few or no tears,
 - a very dry mouth.

* As long as their mouth is wet, they have tears and wet diapers, it's okay if they eat and drink less while they're not feeling well.



ADULT

Adults should be assessed by a physician or nurse practitioner if you:

- Are unsure about how to manage your other health problems, e.g., diabetes, asthma, high blood pressure, while you are sick.
- Think you are getting dehydrated, e.g., light-headed, dark-coloured urine.
- Have had a fever for more than 5 days.
- Are so tired it is hard to care for yourself.
- Are short of breath doing your usual activities.
- Feel worse after you were starting to feel better.



***Most of the time you can manage* respiratory illnesses at home and don't need to see a doctor or nurse practitioner**



For more information, including handouts, please visit www.starfht.ca