

FLU & COLDS

STAY HEALTHY THIS COLD AND FLU SEASON

As temperatures drop, the risk of catching colds and flu rises. These common illnesses can spread quickly, especially in shared spaces like offices, schools, and public transport.



HOW COLDS AND FLU SPREAD

Flu and cold viruses are highly contagious and spread mainly through droplets when an infected person coughs, sneezes, or talks. They can also be picked up from contaminated surfaces like doorknobs, keyboards, and shared equipment. Practicing good hygiene and being mindful of symptoms can help reduce transmission and keep everyone healthier.



TOP 5 SIGNS OF FLU AND COLD AND HOW TO MANAGE THEM

Sign	Description	How to manage it effectively
Runny or stuffy nose	Nasal congestion or discharge is a common early symptom.	Use saline sprays, stay hydrated, and rest.
Sore throat	Irritation or pain in the throat, especially when swallowing.	Gargle with warm salt water and drink soothing fluids.
Coughing	Dry or productive cough that may worsen at night.	Use cough suppressants or expectorants as needed and avoid irritants.
Fever or chills	Elevated body temperature, often with shivering.	Monitor temperature, rest, and use fever-reducing medication.
Body aches and fatigue	Feeling tired and sore everywhere.	Get plenty of rest and stay hydrated to support recovery.

PRACTICAL STRATEGIES TO STAY WELL DURING COLD AND FLU SEASON

- Get Vaccinated

Annual flu vaccines are your best defense against severe illness.

- Practice Good Hygiene

Wash hands regularly, cover coughs and sneezes, and disinfect shared surfaces.

- Boost Your Immunity

Eat a balanced diet, stay active, and get enough sleep to keep your immune system strong.

- Get a lot of Rest

Protect others by resting at home if you are feeling unwell.



WHEN TO VISIT YOUR HEALTHCARE PROFESSIONAL

While most colds and mild flu symptoms can be managed at home, It is important to seek medical attention if:

- Symptoms last longer than 10 days or worsen over time.
- You experience high fever (above 39°C), difficulty breathing, or chest pain.
- You have underlying health conditions (e.g., asthma, diabetes, heart disease) that may be affected.
- You are caring for young children, elderly individuals, or immunocompromised people who show signs of severe illness.

