



## Falkland Islands Government

Public Health Guidance – April 2022

### Flu and Viral Respiratory Illnesses

**REMEMBER;** You can often treat the flu without seeing a GP and should begin to feel better in about a week.

#### Check if you have flu

Flu symptoms come on very quickly and can include:

- A sudden fever – a temperature of 38C or above
- An aching body
- Feeling tired or exhausted
- A dry cough
- A sore throat
- A headache
- Difficulty sleeping
- Loss of appetite
- Diarrhoea or tummy pain
- Feeling sick or begin sick
- A blocked or runny nose



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

#### Telling the difference between cold and flu

Cold and flu like symptoms are similar, but flu tends to be more severe.

DIFFERENCES BETWEEN FLU AND COLDS	
Flu	Cold
Appears quickly within a few hours	Appears gradually
Affects more than just your nose and throat	Affects mainly your nose and throat
Makes you feel exhausted and too unwell to carry on as normal	Makes you feel unwell, but you're ok to carry on as normal (for example, go to work)



#### How to treat flu yourself

To help you get better more quickly, make sure you have paracetamol or ibuprofen at home in your cupboard ready:

- 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)



## **A Pharmacist can help with flu – KEMH pharmacy telephone number is 28010**

A pharmacist can give treatment advice and recommend flu remedies.

Be careful not to use flu remedies if you're taking paracetamol or ibuprofen tablets as it's easy to take more than the recommended dose

### **Urgent advice: Get advice from the KEMH on 28000 now if:**

- You're worried about your baby's or 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
- Your symptoms do not improve over 7 days

Staff will tell you what to do. They can arrange a phone call from a nurse or doctor if you need one.

### **Antibiotics**

GPs do not recommend antibiotics for flu because they will not relieve your symptoms, which are caused by a virus, or speed up your recovery.

### **Immediate action required: Call 999 if you:**

- Develop sudden chest pain
- Have difficulty breathing
- Start coughing up blood



### **How to avoid spreading the flu**

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

It 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

### **How to prevent flu**

The flu vaccine reduces the risk of catching flu, as well as spreading it to others. Please have the flu vaccine when it is offered to you.