

Advice sheet

– Caring for your Flu update

June 2020

Why am I being given an advice sheet for the Flu when I am being tested for, or have been found to have, the Coronavirus?

Viral illnesses should usually be cared for within the home environment, and the self-isolation for a confirmed or suspected COVID-19 infection is no different. Medication such as antibiotics do not work, and the best way to aide recovery is to treat any symptoms as you would with the Flu.

RECOMMENDATIONS

- Drink plenty of fluids. Hot drinks can have a soothing effect, if you don't feel like eating try soup.
- Take paracetamol tablets every 6-8 hours in the recommended dose for your age. This will ease your sore throat and muscle aches.
- Treat the symptoms with the usual over-the-counter remedies; for example honey and lemon drinks to sooth a sore throat.
- Don't do strenuous exercise.
- Avoid spreading viruses; *Catch it, Bin it, Kill it*. Use a tissue to cover your mouth when you cough and sneeze, bin it as soon as you are able and clean your hands immediately after to kill any remaining germs.
- Wash your hands regularly.
- Wear a face covering if passing someone in the same household and unable to maintain physical distancing.
- Keep your bedroom well ventilated.
- Take it easy. Ensure that you get plenty of rest. Take time off work or school for a full recovery.

QUIT SMOKING

If you are a current smoker it is important to note that symptoms of viral infections worsen when actively smoking; studies for COVID-19 infections have shown higher mortality rates in smokers.

Smoking increases the chance of flu-like infections and chest infections. Children have a greater chance of such infections if they live in a house where parents smoke. Consider using this opportunity to give up smoking altogether.

YOU ONLY NEED FURTHER MEDICAL ADVICE IF:

- Your symptoms persist longer than expected
- Your symptoms become more severe
- You have difficulty breathing

In these cases, it is important you call ahead. Call **111** inform the team of your symptoms and get the appropriate advice. If it is an emergency, call **190** for an ambulance as you usually would, but be sure to inform the operator that you or the person you are caring for is undergoing isolation for the coronavirus.