

# 10 tips to fight the flu



## Get the flu shot

It is important to get the influenza vaccination each year to continue to be protected, since it wears off after 3 to 4 months. Flu strains also change over time.



## Keep surfaces clean

Clean surfaces such as your keyboard, telephone and door handles regularly to get rid of germs.



## Wash your hands

Good hygiene is one of the best ways to help prevent a cold or flu from spreading. Wash your hands regularly with soap and water.



## Self-care at home

In most cases you can treat mild cold or flu symptoms at home.



## Cover coughs and sneezes

Cover your mouth and nose when coughing or sneezing. Preferably with your elbow rather than your hand.



## Don't rely on antibiotics

Antibiotics won't cure a cold or flu as these illnesses are caused by viruses. Antibiotics only work for bacterial infections. Check if your cold and flu medication will help relieve symptoms on healthdirect's medicine directory.



## Bin your tissues

Throw disposable tissues in the bin immediately after using them.



## Know the symptoms of a cold versus flu

A cold is not life-threatening and although uncomfortable does not require visit to a GP. A flu can escalate and may require medical attention.



## Avoid sharing

Try not to share cups, plates, cutlery and towels with other people, as this could spread germs.



## Check your symptoms first

Use the healthdirect Symptom Checker via the app or website, or call 1800 022 222, to determine if your symptoms require a visit to the emergency department, a visit to your GP or can be managed at home.