



INFECTION CONTROL & HEALTH & SAFETY MESSAGE



IT'S COMING ... INFLUENZA ...
DON'T LET IT GET YOU

The Difference between Influenza and a Cold

INFLUENZA

Moderate to severe illness lasting 7-10 days
Usually high fever
Shivering attacks
Muscular pains
Headache (may be severe)
Dry cough may become moist
Vomit occasionally
Can suffer severe complications
(Pneumonia)
Bedridden
Vaccine Available



COLD

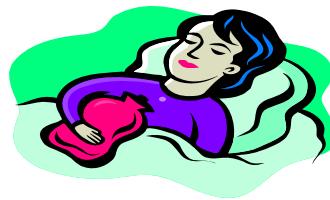
Mild illness
sometimes a mild
fever
No muscular pain
Mild headache (congested sinuses)
Sometimes a cough
A runny nose
No Vaccine



Treating Your Influenza Symptoms

You can take the following steps to help you recover:

- Rest at home
- Drink or give lots of fluids
- Control fever
- See your doctor within 48 hours of onset of symptoms
- Always ring your doctor or practice nurse if you are worried.
Help is only a phone call away



**Influenza Immunisation is the
Best Protection Against Influenza**

THE WCDHB INFLUENZA VACCINATION PROGRAMME
IS HERE, MAKE SURE YOU GET YOUR IMMUNISATION