



Did you know?

Colds & Flu are caused by viruses. Antibiotics will not work against them

COLD SYMPTOMS



Fevers are uncommon



Mild cough



Runny or stuffy nose



Sore throat



Gradual onset of sneezing

FLU SYMPTOMS



Sudden onset of fever



Cough



Muscle or body aches



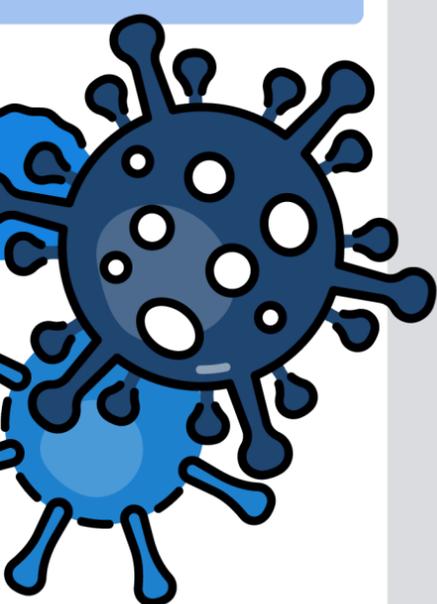
Tiredness



Chills

Colds and flu (influenza) are both respiratory infections caused by viruses.

They may seem similar, but they have important differences.



Taking antibiotics for a virus won't make you feel better, and it could do more harm than good.



Overusing antibiotics makes bacteria stronger, and infections harder to treat in the future.

Instead of antibiotics, try these to feel better:



Rest and drink plenty of water



Drink warm tea with honey to soothe a sore throat



Use a humidifier or lozenges to help with coughing



Use saline spray to help with a blocked nose



Ask a pharmacist to recommend medicines to help ease pain or fever (e.g. paracetamol).

Most colds and flu resolve on their own within a week or two. However, contact a healthcare provider if you experience:



Trouble with breathing



Pain in your chest



Fever that won't go away

Preventing colds and flu:



Get the flu vaccine every year to protect yourself



Wash or sanitise your hands often to prevent the spread of viruses



Avoid close contact with people who are sick and cover your mouth and nose when sneezing or coughing

