



HEALTHY LIFESTYLE

YOU'VE GOT FLU - WHAT SHOULD YOU DO?

The short answer is that there is no cure for the flu. You need to just take it easy and let your body deal with the virus in the best way that it can. But there are some ways you can make the process run a little smoother.

What you shouldn't do, is ignore it and keep going to work and infecting all your colleagues.

Flu is highly contagious, especially in its early stages.

1. Take it easy

Face it, you're sick. While it is fighting the virus, your system doesn't have many reserves so it needs all the energy you can spare it. You need to rest. Sleep as much as you can and keep a low profile.

2. Treat the symptoms

Flu can't be cured but you can take some medication to help with some of the symptoms. Flu can often come with congestion, coughing, fever, aches and pains and each of these can be relieved, to a certain degree, by medicine from your local pharmacy.

It's best to take medicine that has been prescribed by your doctor, but you can chat with your pharmacist about what you should take too.

Remember to check that the flu medication you will be taking is compatible with any other medication you may be taking.

3. Stay hydrated

Your body needs lots of fluids to be able to heal itself and fight off the virus. Water is best, but some orange juice can be a good source of Vitamin C. Remember, fruit juice is very high in sugar, which is not healthy. Eating an orange whole is much better for you.

Herbal teas with ginger and lemon can also help keep you hydrated.

4. Get steamy

If you have really bad congestion and are struggling to breathe, decongestant medication should help, but you can also sit in a very steamy bathroom or use a humidifier to alleviate some symptoms. This may help with coughing too.

5. Fever awareness

Running a high fever can be dangerous, so speak to your doctor or pharmacist for medication to keep it down. A cold shower, bath or compress on your forehead can also help lower your temperature.

6. Avoid antibiotics

Antibiotics are best used for bacterial infections and not for viruses. Unless specifically diagnosed by a health practitioner, avoid taking them to prevent your body from building immunity to them, so they can work more effectively when you do need them. Always complete a course of antibiotics as instructed.