



Managing "Flu" Symptoms

What are "Flu" Symptoms

- High fever (over 38 degrees) (Kids can reach 40 degrees)
- Dry cough
- Headaches
- Body aches
- Feeling weak and tired
- Sore throat
- Loss of appetite
- Runny nose
- Nausea and vomiting

Is it COVID-19?

COVID-19 and Influenza have a lot of the same symptoms (see next page). If you haven't had COVID-19 in the past 3 months, you should have a test. A PCR test can also test for Influenza at the same time.

Testing Options

RAT Test – Available at shops and chemists

PCR Test – For both COVID-19 and Influenza are available at Little Gem Medical from 8am to 4pm

Managing Symptoms

Fevers	STAY Hydrated You may need up to 30% extra fluid if are feverish, to avoid dehydration. No special fluids are required, just Drink Wear light layers Use paracetamol and ibuprofen
Headaches, Body Aches	Paracetamol is helpful for aches and pains, which can be quite severe. For adults: - Regular Panadol 2x500mg 4 times a day - Panadol Osteo 2x665mg 4 times a day - Ibuprofen 2x500mg 4 times a day with food
Sore throat	Some helpful remedies include: - Plenty of fluids - Salt water gargling - throat lozenges - throat spray with anaesthetic (Over the counter at the chemist)
Runny Nose	Some helpful tips: - Being gentle when wiping your nose, to avoid trauma and skin breakdown - Cold and flu tablets – pseudo/phenylephrine in this dries up nasal secretions. Be careful as these also contain paracetamol, so don't double up - decongestant nasal sprays can be helpful for a few days (over the counter) - If you suffer from sinus issues, start nasal rinsing and using nasal sprays
Feeling weak and tired	Rest and stay hydrated. Try to eat small nutritious meals
Nausea	If you do suffer with nausea/vomiting, Maxolon or Zofran may make you more comfortable. These are script medications

Do I need a script?

If you have Influenza, Tamiflu (an antiviral medication) may reduce the severity of illness as well as the duration. Tamiflu should be started within 48 hours of first symptoms.

If you have COVID, you may benefit from an antiviral medication. It is recommended that medication commence as soon as you are diagnosed.

To see if you are eligible:

- Call 1800 020 080 (National COVID-19 Hotline)
- Visit <https://www.health.gov.au/health-alerts/covid-19/treatments/eligibility#eligibility-for-oral-covid19-treatments>

To get a script – Please make an appointment.

When to see the Doctor

It is normal to be quite unwell for 7-14 days with Influenza. If you have an underlying health condition, you may be unwell for longer.

If you quickly become worse or you have the following symptoms worsen, you should call and make an appointment:

- Difficulty breathing, rapid breathing
- Chest Pains
- Confusion or sudden dizziness
- Persistent vomiting (becoming dehydrated)
- An exacerbation of your underlying illness

When monitoring young children it is important. If they show signs of increasing dehydration or difficulty breathing, please see a Doctor.

Do I need to get a clearance to return to work/school or childcare?

No. If you or your child are symptom free, they can return to work/school/childcare. Clearances for school or childcare are not required and waste valuable medical resources. It is more important for us to see sick people, than symptom free people, to write a certificate.

Avoiding Spread

Please stay home if you have these symptoms. You will shed virus particles on surfaces wherever you go, which can be picked up by someone else and make them sick. If you do need to go out, please wear a mask.

Just like COVID-19, the following simple advice will reduce spread:

- Wear a mask
- Maintain hand hygiene
- Wipe down surfaces with a disinfectant
- Don't share cups or cutlery
- Cough hygiene – coughing into your elbow instead of hand
- Using tissues instead of hankies
- Stay at home where possible

Can I see my Grandmother this weekend?

If you have symptoms, you could be shredding viral particles onto surfaces and other people. There are no rules that force you to stay home, but if you are likely to be around vulnerable people (like the elderly), consider staying home. If you must go out, please wear a mask, avoid kissing, and maintain hand hygiene.



Fluvax & other Immunisations

FLUVAX	The FLUVAX will reduce the risk of Influenza, the severity and duration of illness. It is available to everyone over 6 months old. If your child is under 8 years old – they are recommended to have 2 doses 1 month apart. As soon as you recover from Influenza, you are able to have an immunisation. This may help prevent further episodes this year FLUVAX is currently free for all NSW residents
COVID-19 Immunisation (Pfizer)	Available for everyone over 5 years old 3 rd Booster – Is recommended for everyone over 16yo, and more than 3 months since primary vaccination Winter Booster (4 th Booster) is recommended in certain groups, more than 4 months since last booster If you have had COVID-19, it is recommended to wait 3 months before getting your next booster FREE for All Residents
PNEUMOCOCCAL Immunisation	Is recommended 5 yearly for people with lung disease

Our After Hours Partners

Our Medical Home – Penrith (Long hours Clinic in Homemaker Centre)	(02) 8311 3888	Weekdays 7am - 10pm Weekends & PH 8am - 10pm
Sydney Medical Service (After hours Home Visits)	1300 HOME GP 1300 466 347	Weeknights 6pm - 8am Saturday from 12pm Sunday & Public Holidays 24 hours
Health Direct (Phone Support)	1800 022 222	Weekdays 6pm - 7:30am Saturday from 12pm Sunday & Public Holidays 24 hours

After Hours Pharmacy Options

Penrith 24-hour Pharmacy 438 High St Penrith	(02) 4721 5527	24 hours a day 7 days a week
David Wilson Chemist 241 Queen St Campbelltown	(02) 4640 8000	Everyday 8am-9pm
Blooms Camden 148 Argyle St Camden	(02) 4655 9370	Weekdays 8.30am- 8pm Weekends 9am-7pm

Local Support

Little Gem Medical

Our nurses are available for a chat if you have concerns. They are on site 8.30am to 4pm

Local Chemists

Silverdale	(02) 4774 0019
Warragamba	(02) 4774 1013
Luddenham	(02) 4773 3188
Mulgoa	(02) 4773 8685

Local Hospitals

Please only attend emergency if your issue is serious – for example Chest Pain, difficulty breathing. The wait times will be long, due to demand on services

Nepean Hospital	(02) 4734 2000
Camden (Low Intensity Issues) Campbelltown	(02) 4634 3000
Liverpool Hospital	(02) 8738 3000
Westmead Hospital	(02) 8890 5555
Westmead Children's Hospital	(02) 8890 5555

SYMPTOMS OF novel coronavirus (COVID-19), compared with flu, common cold and allergies




SYMPTOMS	COVID-19 Symptoms range from mild to severe	COLD Gradual onset of symptoms	FLU Abrupt onset of symptoms	ALLERGIES* May be abrupt or gradual onset of symptoms
Fever	Common	Rare	Common	No
Cough	Common	Common	Common	Common (asthma)
Sore throat	Sometimes	Common	Common	Sometimes (itchy throat and palate)
Shortness of breath	Sometimes	No	No	Common (asthma)
Fatigue	Sometimes	Sometimes	Common	Sometimes
Loss of smell and/or taste	Common	Common	Common	Common (hay fever)
Aches and pains	Sometimes	Sometimes	Common	No
Headaches	Sometimes	Sometimes	Common	Sometimes
Runny or stuffy nose	Sometimes	Common	Sometimes	Common
Diarrhoea	Rare	No	Sometimes (especially for children)	No
Sneezing	No	Common	Sometimes	Common
Vomiting or nausea	Sometimes	Rare	Common in children. Rare in adults.	No

For more information, visit www.health.qld.gov.au/coronavirus
Adapted from material produced by WHO, Centers for Disease Control and Prevention.
*Respiratory allergies include allergic rhinitis (hay fever), and allergic asthma. Other common symptoms of hay fever include itchy nose and itchy, watery eyes.


Do I need antibiotics?

Antibiotics only work against infections caused by bacteria. They will not work against infections caused by viruses.




Antibiotics are often used to treat bacterial infections, such as:

- Whooping cough
- Strep throat
- Urinary tract infection



Antibiotics are sometimes used to treat infections, such as:

- Sinus infection
- Middle ear infection



Antibiotics make no difference to viral infections, such as:

- Colds and the flu
- Sore throat
- Bronchitis/ chest cold

Using antibiotics when you don't need them:

- can give you side effects (like an upset stomach, diarrhoea, rash) without making you better
- can cause the bacteria in your body to become resistant to antibiotics
- might make treating serious infections difficult in the future

Ask your health professional about how best to treat your symptoms if you do not need antibiotics. Always consult your health professional if you are worried about your health.

For further information visit: www.amr.gov.au