

saundersstreetclinic

37 Jackson Street, Wynyard, TASMANIA.

Phone 6442 1700

Newsletter Mar-Apr 2024

Opening hours

Monday - Thursday	9am-1230 pm, 2pm-5 pm
Friday	9am-1230 pm, 2.30pm-5 pm
Saturday, Sunday, Public Holidays	closed

Doctors:

Jim Berryman	MBChB, FRACGP, FARGP	Bradley Williams	MBBS, FRACGP
Allison Johnson	MBBS, FRACGP	Michaele Rawson	MBBS,
Sarvin Randhawa	BPharm, MBBS, FRACGP (on leave 2024)	Stephanie Hey	MBBS, FRACGP, CertAviationMed
Jess Andrewartha	MBBS, FRACGP, DCH	James Tan	MBBS
Tim Andrewartha	MBBS, FRACGP-RG, Dip Palmed	Noora Albakkaa	MBChB

Nurses:

Fiona Munday RN	Belinda Townsend BNurs, RN.
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After hours arrangements

Please phone the surgery number, you will be given the number for Health Direct which is a phone triage service providing advice by the Federal Government. This service will contact the doctor on call at Saunders Street if necessary, following assessment by a registered nurse and in some cases by a doctor. If your concern is about **a medical emergency** call the ambulance service on **000**-there is no charge for ambulance callouts in Tasmania.

If the matter is urgent but not an emergency call **Health Direct 1800 022 222**. A registered nurse using triage protocols will take your call. If necessary, the call will be transferred to a GP at GP Assist in Hobart and if that GP thinks a call out or house call is warranted a GP from this clinic will be contacted.

COLDS AND FLU

The chills and fever, muscular aches and pains, tiredness, headache, sore throat, and cough [that are caused by flu](#) are more likely to send you to bed for at least a few days. Sometimes they can leave you feeling pretty terrible for a couple of weeks. (In children, flu can also trigger abdominal pain, nausea, vomiting and diarrhoea.)

Like a cold, flu is caused by a virus, usually the influenza A or B virus. But influenza can be deadly and every year [around 2,500 Australians die after catching a flu](#).

"The concern with the flu is the risk of secondary complications such as pneumonia, bronchitis, croup or middle ear infection," Burns says.

You can reduce your risk of flu by having a flu shot every year. Anyone can have the flu vaccination – except children under six months of age – but some of us are eligible for a free annual influenza vaccine. This includes those at higher risk of complications from flu, including those over 65, pregnant women, most Aboriginal and Torres Strait Islanders and people with chronic heart or lung conditions.

Treating colds and flu

When it comes to treatments for cold and flu they are usually the same. The main things are to rest, have plenty of fluids and [take care not to spread the virus to others](#).

"Rest or sleep if you are tired because your immune system is busy fighting the infection and fever is exhausting." Keeping up your fluids is important so you don't get dehydrated, she says.

You might find some [over-the-counter medications help you feel more comfortable](#). Paracetamol and ibuprofen may help relieve pain and fever, or saline nasal sprays or drops for relieving a blocked nose.

However, Burns says it's important to remember [antibiotics don't work for colds and flu](#).

Antibiotics are used to treat bacterial infections; they have no impact on viruses. The colour of snot "isn't helpful in picking the difference between a viral or bacterial infection or indicating if antibiotics are needed," she says.

"Snot changes colour over time. It starts out clear and runny, becomes whitish and finally turns green. The colour doesn't tell if the infection is viral or bacterial. But if it goes on for a long time, then it may be sinusitis [an infection of the sinuses] has developed."

If there's a strong chance you have flu and are at high risk of complications, [then it might be worth seeing your doctor about antiviral medication](#), which may reduce the severity and duration of flu. But these work best if they are started within 48 hours of your first sign of symptoms.

Stopping the spread

The incubation period for these viruses is also the same, one to three days, and you're likely to be infectious for about five days from when you first develop symptoms.

Colds and flus are both spread by nasal secretions that contain the virus. You'll become ill if you came in contact with the secretions of someone who's sick. This can happen when you breathe in germs after someone has coughed or sneezed, but it's more likely you'll get the germs on your hands and then transfer them to your nasal passages, by touching your nose or eyes.

You can reduce the spread of these illnesses by:

- coughing or sneezing into tissues (and then throwing them away)
- regularly cleaning your hands (with soap and water or alcohol-based hand rub), especially when you've come in contact with someone who is unwell
- not coughing or sneezing over others or surfaces, such as tables, benches and door handles
- avoiding touching your eyes and nose.

(source ABC)

TREATMENT OF COMMON COLDS

There are no medicines that can cure the common cold, but there are some simple but effective [ways you can relieve your symptoms](#), as well as taking over-the-counter medicines for pain and fever or a [blocked nose](#) (nasal congestion).

Most people who have a cold and who are generally healthy and well will get better in 7–10 days without any treatment, because the body's immune system can take care of the infection on its own.

Colds are caused by a [virus](#), so antibiotics won't help. [Antibiotics do not kill viruses](#).

Rest is important if you have a cold because it helps your immune system fight the cold and can make you feel better.

[See your doctor](#) if your symptoms get worse or if your symptoms don't improve after 10 days.

Antibiotics won't help treat your cold

Antibiotics will not:

- help a cold get better faster
- stop a cold from getting worse
- stop a cold spreading to other people.

Good quality, reliable clinical studies have shown that antibiotics do not improve the [symptoms of a cold](#). Using antibiotics when you don't need them can contribute to the problem of antibiotic resistance.

Find out more about the [common side effects of antibiotics](#), [what antibiotic resistance is](#) and [what you can do to prevent it](#). (source NPS)