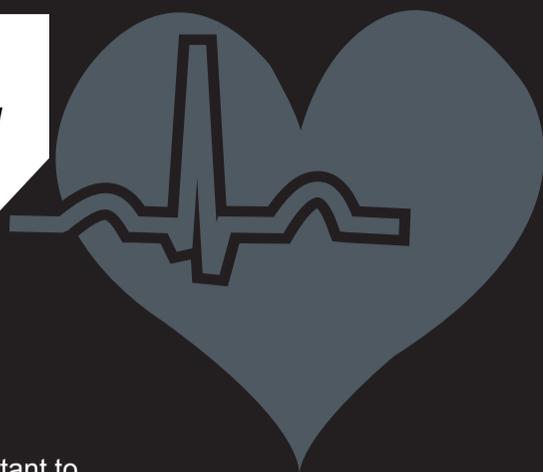


# Cold and Flu

## What to do



On average, an adult will have 2-3 colds per year. As a student, colds can come when you're in the middle of the exam diet or writing an important assignment. By following these tips, you can alleviate yourself from illness faster.

Colds and the flu are two distinct illnesses. It is important to note that colds usually appear gradually in your nose and throat but in most cases, you can carry on working as normal. However, flu symptoms may appear in a few hours, are more severe and can mean that you have to take time out of university to rest.

### Do

### Don't



#### You must

Drink plenty of water to avoid dehydration



#### You must

Get lots of rest



#### You must

Gargle salty water to soothe a sore throat



#### You must

See a pharmacist for cold medicines



#### You must

See a GP if your symptoms don't improve in 3 weeks or your symptoms get worse



#### You must not

Leave tissues around your home; these are germ infested



#### You must not

Drink alcohol - this can make you more dehydrated and worsen symptoms



#### You must not

Smoke - cigarettes damage your lung cells which makes it harder to fight off an infection



#### You must not

Overuse decongestant sprays - if used for a prolonged period your nose may get more blocked when you stop



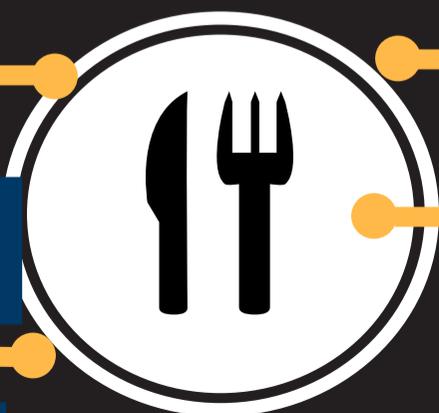
#### You must not

Take antibiotics, they are no help when fighting cold and flu symptoms

### Diet tips



**Honey** - has antibacterial properties and can stimulate the immune system



**Chicken soup** - contains vital minerals and vitamins and is a vital source of fluids



**Hot tea** - it's a natural decongestant and it's also a good source of hydration



**Bananas** - contain large amounts of fibre and are great when you feel nauseous as they are bland and easy to chew



For the NHS

For the Barclay Medical Centre