



# Preparing for Winter

Conditions such as asthma, chest infections and the flu are often more common in winter. The following tips can help you prevent and manage flu.



**For all medical emergencies dial 000 immediately and ask for Ambulance**

## FLU SIGNS AND SYMPTOMS

Everyone in the community can prepare for winter by immunising against influenza.

If a person presents with severe shortness of breath or asthma and is unresponsive to prescribed medications dial 000 immediately and ask for Ambulance.

Influenza is easy to catch in crowded areas and confined spaces. It is a highly contagious respiratory illness spread from person to person through droplets when infected persons cough or sneeze.

Symptoms include fever and chills, coughing, body aches and pains, fatigue and headaches.

## PREVENTING AND MANAGING FLU

- > Anyone with underlying medical conditions, especially children and the elderly should see their local doctor to get a flu shot. Prevention is better than the cure.
- > People who get the flu are advised to rest from work or school, which also helps to stop the spread of the disease.
- > Anyone who continues to feel unwell should consult his or her local doctor for further advice.
- > Try to isolate children from those who have the flu.
- > Be aware of household items that have been handled by flu patients — wipe them down with mild antiseptic.
- > Dress appropriately for winter conditions.

## FIRST AID COURSES

The Ambulance Service of New South Wales encourages everyone to learn first aid. This can give you the confidence to assist when someone is injured or ill. To enrol in a first aid course contact an accredited provider listed with the Workcover Authority.

### For further information please contact: