

## DID YOU KNOW?

Most winter illness are caused by viruses. There are over 200 viruses that cause colds.

There are no medicines that cure a cold or the flu. Because they are caused by viruses, antibiotics will not help, as they only kill bacteria.

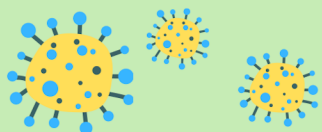
Taking antibiotics when you don't need them is bad for you and causes antibiotic resistance.

The colour of your mucous doesn't identify if an infection is viral or bacterial, but does indicate your immune system is working to fight an infection. It can be clear, white, yellow or green.

## SYMPTOMS OF A VIRUS

If you have a virus, you may have a variety of symptoms, including:

- a blocked or runny nose
- red, watery eyes
- a sore throat
- fever
- coughing or sneezing
- vomiting and/or diarrhoea
- feeling tired and run down
- not wanting to eat
- feeling generally unwell.



## WHO TO SEE:

### MORRINSVILLE MEDICAL CENTRE

To manage the spread of illness in our clinic we run a respiratory clinic. If you would like to discuss your illness, please call reception who will add you to the nurse triage list.

A nurse will then call and discuss your symptoms and arrange a doctors appointment if necessary.

### AFTER HOURS NON-URGENT CARE

Virtual consults are available with PracticePlus after hours and on weekends. See our website for more info.

### URGENT CARE

If you think you need urgent after-hours medical review please attend an urgent care clinic in Hamilton such as Anglesea Clinic.

Our nurses may also recommend you attend urgent care.

**IN AN EMERGENCY DIAL 111**



07 889 5126

17 Canada Street, Morrinsville  
[www.morrinsvillemedical.co.nz](http://www.morrinsvillemedical.co.nz)



# MANAGING WINTER SICKNESS

(Adults and Teens)

## CARE AT HOME

**Viruses cannot be treated with antibiotics.** The best treatment is rest at home to allow your immune system to fight the virus.

Here are some simple measures that can make you more comfortable:

- Have small amounts to drink frequently. This helps to ease a sore throat by keeping it moist, and replaces the fluid lost due to having a fever, vomiting or diarrhoea. Water is best, but all fluids including tea, electrolyte drinks and juices are also a good way of replacing fluids.
- You may not want to eat for a few days, this is ok. Eat small amounts of bland food as tolerated.
- Get plenty of rest.
- Along with good nose blowing, saline nasal spray can help clear a blocked nose. Unblocking your nose can also help relieve ear pressure and pain.
- Take paracetamol or ibuprofen for pain, or if you feel miserable. Carefully check the label for the correct dose and make sure you are not already taking any other products containing paracetamol or ibuprofen (such as some cough medicines and cold-and-flu preparations).
- Pharmacists can recommend other over the counter symptom remedies such as cough syrups and throat lozenges

**You are likely to feel better in a few days, but may be unwell for up to two weeks.  
A cough can linger for several weeks.**

## PREVENTION

- Wash your hands regularly
- Cover your mouth when you sneeze or cough
- Stay home if you're unwell
- Keep up to date with your Covid 19, Flu, and Whooping Cough vaccinations.

**Immunisation can help to keep you and the people around you safe and well!**



## WHEN TO CALL THE CLINIC:

If you have any of the following:

- have a rash (spots on your skin)
- are short of breath (feel puffed), are breathing noisily or are coughing up a lot of green or blood-stained mucus
- have dry coughing fits that make it hard to breathe
- cannot keep food or drink down and do not pass much wee (urine)
- have pain anywhere that is getting worse, despite taking paracetamol
- have had a wet-sounding cough for 4 weeks or have had the cold for 4 weeks and you are not getting better.
- have diabetes or a health condition affecting your breathing, heart or immune system
- you are concerned about or unable to manage your symptoms



## WHEN TO SEEK URGENT CARE:

If you have any of the following:

- difficult or painful breathing
- bluish lips or tongue
- chest pain
- coughing up blood
- severe shaking, rigors
- confusion or difficult to wake
- clammy skin
- not urinating or dark coloured pee.