Cold and Flu

Getting help and more information:

Our Pharmacists can give advice on all aspects of health. Please ask at the Pharmacy Counter for further information.

Tesco Pharmacies are usually open between 9am and 8pm on weekdays and Saturdays and between 10am and 4pm on Sundays, and are often open when many other pharmacies are closed. Please check with your local store for exact opening hours.

Tesco Pharmacies stock a range of different products to help a whole host of health problems. Always read the instructions before use and, for persistent symptoms, see your doctor.

For free advice on a large range of complementary health and homeopathic products call 0800 587 4312, ask the Tesco Pharmacist or log on to www.nutricentre.com. Orders can be made on 0800 912 1163.

Health advice and information is available 24 hours from NHS Direct at www.nhsdirect.nhs.uk, on NHS Direct Interactive on digital satellite TV by pressing the interactive button on the remote control; and by calling NHS Direct on 0845 46 47 (for patients’ safety, all calls are recorded).

If you have access to the internet, it may be worth taking a look at some of these websites or telephoning for more information:

- Age Concern Information Line: 0800 009 966 www.ageconcern.org.uk
- Asthma UK Adviceline: 08457 01 02 03 www.asthma.org.uk
- The Common Cold Centre: www.cardiff.ac.uk/biosi/associates/cold/home.html
- NHS flu jab: www.immunisation.nhs.uk
- National Eczema Society: 020 7281 3553 www.eczema.org
- The Herpes Viruses Association: 0845 123 2305 www.herpes.org.uk
- Institute for Complementary Medicine: 020 7237 5165 www.i-c-m.org.uk
- Quitline: 0800 002 200 www.quit.org.uk
- Health Supplements Information Service: 020 7808 9801 www.hsis.org

TOP TIPS TO WEATHER THE WINTER WELL

Help keep colds at bay
FIGHTING THE FLU
There are a few predictable things about the onset of winter – bad weather, the festive party season and suffering from the inevitable cold. Most adults are expected to catch at least two winter colds, while children can have between seven and ten. If you start to suffer, you’re not alone – on average there will be over 4 million people suffering from a cold each week during winter!

“Although there’s no miracle cure for cold or flu infections (and antibiotics don’t work against the viruses which cause them), if you do start to suffer there’s plenty you can do to help yourself without seeing your doctor, and I hope that this booklet will provide some top tips.”

“Your local pharmacist can also help put you or your family back on the road to recovery. Pharmacists can help you choose the most appropriate medicine for you or your family’s needs and the longer opening hours at all Tesco Pharmacies make it easier to fit in a quick chat at a time to suit you.”

Dr Rob Hicks, GP, author and broadcaster.
Children get lots of coughs and colds, partly because their immune systems are still developing, and also because they catch them from their friends at playgroup, nursery and school. On average a child will get up to ten colds a year but, on the plus side, having cough and cold infections helps build up a child’s immune system.

**Poorly kids?**

**TOP TIPS FOR KIDS WITH Colds**

- Make sure they drink enough liquid. About eight small glasses is recommended. Try a glass of warm squash if they’re not keen on plain water.
- If your child has a temperature, loosening their clothing or undressing them can help. Cooling the room with a fan or making up the bed with just a sheet (rather than a duvet) will help keep your child more comfortable too.
- Children’s paracetamol or ibuprofen can also help bring down a temperature, but never give aspirin to children under 16 years old.
- Encourage your child to cover his mouth and nose when coughing and sneezing to reduce the chance of spreading germs around to others.
- It’s more hygienic to use tissues as they can be thrown away after being used. Give your child a pack of tissues to keep in their pocket.
- Help to keep his immune system strong with fruits rich in vitamin C, like oranges and satsumas.
- Ask your pharmacist about what’s available to help - cold and flu remedies specifically formulated for children are available - for example Sudafed children’s syrup.

**IT’S IMPORTANT TO SEEK MEDICAL ADVICE IF:**

- Your child has a temperature of more than 38°C / 100°F or a persistent high temperature.
- Your child has a cold which lasts over ten days or a cough which gets worse, not better.
- Your child has a bluish skin tone.
- Your child is suffering from earache.
- Your child cannot keep anything down or isn’t drinking.
- Your child has difficulty breathing or is wheezing.
- Your child has other symptoms such as a rash, stiff neck, or is sensitive to light.
- If you are at all worried.

The products shown here are available from the healthcare aisles. Ask the pharmacist what might help your child.

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Is it a cold or the flu?

**TOP TIPS**

**SPOT THE DIFFERENCE**

**IT’S A BAD COLD:**
- Symptoms come on slowly over a couple of days.
- You start feeling gradually under the weather and may develop a dry, scratchy sore throat.
- You may have a slight headache and less appetite.
- Symptoms last between 7-14 days.
- You feel run-down and tired but are still able to do things.

**IT’S THE FLU:**
- Symptoms come on quickly and are more severe.
- They could include a high fever, aches and pains all over, no appetite, a severe headache and exhaustion.
- Some people also feel sick and weak.
- You don’t feel well enough to do anything at all and probably can’t get out of bed.

**WHAT’S THE CAUSE?**
Both a cold and the flu are caused by viruses. The viruses infect the respiratory tract (the nose, throat and lungs) and cause the symptoms detailed opposite. There are over 200 different viruses that can cause colds but not so many that cause the flu - that’s why there is a jab for the flu but not for colds (see page 9 for details on the flu jab).

**Did you know?**
An old wives’ tale that a cold can be three days coming, three days here and three days going.

**TOP TIPS**

- Have an early night: sleeping is the body’s natural way of recharging its batteries.
- Make sure you drink enough: a cold can dehydrate the body, but drinking plenty of water, fruit juice and other soft drinks will help. Fluids also help to loosen the mucus which in turn helps your body to get rid of the cold or flu virus. Try to drink around two litres of fluid per day.
- Avoid alcohol: as this dehydrates your body and weakens your immune system.
- Don’t touch your face: the cold virus is often carried on the hands and then enters your body through your eyes, nose and mouth.
- Get some fresh air: a short walk outside can do you the world of good if you feel up to it (but don’t try and do too much).
- Make use of treatments to ease symptoms: specific cold and flu remedies are available. Alternatively paracetamol or ibuprofen can help to lower high temperatures and relieve headaches and muscle aches.

**TIP:**
- If you’re taking regular medication, check with your pharmacist that it’s ok to take cold and flu remedies as well.

**Benylin Cold & Flu Max Strength Capsules and Benylin Cold & Flu Max Strength Sachets (Non-Drowsy)**
- A combination of ingredients to help relieve the symptoms of cold and flu and help bring you back to normal.
- Always read the label.

**Top tips to tackle a cold or the flu**

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**Beechams All-in-One Liquid Pocket Packs**
- Have been specially designed in a convenient single dose. In a handy tear-off sachet, they are easy to administer and use on the go to treat your headache, blocked nose, sore throat and chesty cough.
- Always read the label.
A SORE THROAT CAN BE EXTREMELY PAINFUL BUT THERE ARE THINGS YOU CAN DO TO HELP. Try:

- Gargling: warm salt water is one option but don’t swallow (adults only).
- Eat foods that are gentle on your throat: ice cream, sorbet or soup are good choices.
- Avoid smoking or smoky atmospheres: as this will further irritate the throat.
- Antiseptic action: medicated lozenges, pastilles and sprays with antiseptic help to combat the pain and infection.

Your sore throat should feel better after a few days but if this isn’t the case, see your GP.

WHY HAVE A FLU JAB?

This provides very good protection against the flu.
- It’s recommended that those at most risk of suffering complications related to flu infection (see below) are vaccinated each year.
- The virus responsible for the flu changes every year - having a vaccination one year does not mean that you will be protected in subsequent years.

WHO SHOULD HAVE A FLU JAB?

- All those aged 65 years and over.
- All those over 6 months old with underlying medical conditions, such as:
  - Chronic respiratory disease, including asthma
  - Chronic heart disease
  - Chronic kidney disease
  - Chronic liver disease
  - Diabetes
  - Those with impaired immunity due to disease or treatment
- Those living in long-stay residential care homes or other long-stay care facilities.
- If you are in receipt of a carer’s allowance, or are the main carer for an elderly or disabled person, you should also contact your GP for further information.

WHEN TO SEE YOUR GP

Although most people successfully fight off cold and flu infections, they can sometimes become more serious. See your doctor if:

- You have severe aches and pains, including headaches, facial swelling or pain.
- You are suffering chest pain.
- You feel faint.
- You are coughing up blood or large amounts of yellow/green phlegm.
- You are suffering shortness of breath.
- Your symptoms persist or if you are at all worried.

LEMSIP SOOTHY does it

IT'S FREE

If you are in an ‘at risk’ group, flu jabs are available from your GP free of charge.

LEMSIP
COLD & FLU SOOTHER

a delicious, comforting drink available in a unique Wild Berry & Hot Orange flavour. It warms you from the inside out, soothing as it works. Always read the label.

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CLEARING CONGESTION

When you’ve got a cold, your nose can become blocked up, making you feel like you can’t breathe. It’s common with a cold but for some people, this can develop into sinusitis, a very painful condition.

Understanding sinuses

✱ Your sinuses are a network of air filled cavities in your nose.
✱ Suffering from a cold can cause inflammation of the lining of the cavities.
✱ This can cause mucus to build up which leaves you feeling congested, stuffy and bunged up.

Sinusitis

✱ If the pressure builds up, it can cause sinusitis.
✱ Sinusitis symptoms include swelling or pain around the eyes, headaches, earache and a blocked nose which tends to drain down the back of your nose into your throat.

WHAT CAN YOU DO?

The following tips may help if you’re an adult suffering from congestion.

✱ STEAM INHALATION: inhale the vapours from a bowl of hot water with a few drops of eucalyptus or menthol oil for ten minutes, twice a day.
✱ LEAVE THE EXTRACTOR FAN OFF IN THE SHOWER to create a steamy environment.
✱ USE A VAPOUR RUB on your chest, back and neck at bedtime to help make it easier to breathe. Ask your pharmacist for more advice on this.
✱ RELAX IN A WARM BATH to help your body clear congestion naturally.
✱ APPLY A WARM COMPRESS to help reduce facial pain.
✱ USE A DECONGESTANT: this will help mucus dry up. Decongestants are available as tablets, liquids or nasal sprays. (Ask the pharmacist for advice.)

A course of antibiotics is sometimes necessary to treat any bacterial infection that may be responsible for the problem. Ask your pharmacist or GP for more advice.

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TIP:
For children, use a drop of eucalyptus oil on a handkerchief to help them breathe more easily (suitable for babies aged 3 months and over and it must be tied securely near to, but out of the reach of, your baby).

Due to cold. Always read the leaflet.
Other common complaints

Coming down with a cold or the flu can also cause other problems including:

- **COLD SORES**
  - Cold weather infections, being run down, and even UV light (for those lucky enough to find some winter sun), can trigger a cold sore to appear.
  - Keep your immune system strong with a healthy diet and plenty of rest and relaxation.
  - Extract of Melissa herb applied daily may help to prevent flare-ups and stop a cold sore in its tracks. Visit www.nutricentre.com or call 0800 912 1163 for more information.
  - Applying a cream containing the drug aciclovir may also help to lessen the duration and severity of an attack. Always read the label/leaflet before use.

- **STREAMING EYES**
  - Splash cold water on your face or place cucumber slices over your eyelids - this can be very soothing.

- **A WORD OF CAUTION**
  - For those with asthma, cold weather and cold and flu infections can trigger asthma attacks, so be prepared for this and use your medicines as prescribed. Cold weather and cold infections can also trigger eczema flare-ups so keep your skin well-moisturised.

Avoiding the Rudolf look

When you’ve got a cold, it’s all too easy to end up looking like Rudolf the red nosed reindeer – try using the tips below to help avoid this!

- Dab your nose dry, rather than rubbing it.
- Use a tissue which contains aloe vera: your skin is less likely to become irritated with a soft tissue.
- Smear some petroleum jelly, such as Vaseline, around your nose at night when no one sees you! This provides an effective barrier to help protect the skin from the irritation of nasal mucus.
- Use a soothing skin balm or lotion: those containing witch-hazel, calendula, or camomile can help.

“\nA red, sore nose can make you feel so unattractive. It’s difficult to apply make-up without causing irritation but all is not lost. “Dot a powder cream blush on the apples of your cheeks, and blend well, to give yourself a healthy-looking rosie glow and stop your red nose from being such a stark contrast against a pale complexion.”

Barbara Daly, creator of Barbara Daly make-up for Tesco

When you’ve got the flu you need powerful relief to help get you back to your normal self. Try Beechams Flu Plus Caplets - they have the power to help relieve you from the misery of your symptoms. Beechams Flu Plus - our strongest cold and flu relief ever.

Always read the label.
A cough can develop as part of a cold or even when you think you’re on the mend. There are two main types of cough:

1. A chesty or phlegmy cough
2. A dry or tickly cough

**CHESTY COUGH**
- A chesty cough is the body’s way of getting rid of mucus which has built up in the lungs as a result of a cold. Mucus can make it difficult to breathe.

**WHAT CAN YOU DO?**
- Try a cough mixture with an ‘expectorant’ like Benylin Chesty Coughs (Non-Drowsy) – this will thin the mucus and break it up so it’s easier to cough up and get rid of.

**DRY OR TICKLY COUGH**
- Can be caused by a throat infection.
- Can be irritating or cause a hacking cough but there is no mucus.

**WHAT CAN YOU DO?**
- A cough suppressant medicine, such as Covonia Bronchial Balsam can help relieve this type of cough.
- Drink warm water with a spoonful of honey, a squeeze of fresh lemon juice and a slice of ginger.

If you have any questions, the pharmacist can provide more help and advice.

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**TOP TIPS to weather the winter well**

- **COLD AND TRAVEL**
  - If you’re flying, wear a scarf to keep the air moist and give your breathing passages more protection from viruses.
  - Use disposable tissues. Throw them away and don’t leave them lying around to help prevent the spread of germs.
  - Keep your distance. If you know someone has a cold or the flu, don’t get too close as the virus is spread through the air or personal contact.

- **RAW POWER**
  - Eating half a clove of raw garlic can help your body’s defence system. But, if you can’t stomach it, garlic tablets are also available.

- **QUIT SMOKING**
  - Smoking weakens the immune system and damages the airways, making them more susceptible to more frequent infections that last longer.

- **EAT PLenty OF FRUIT & VEGETABLES**
  - Eat at least five portions of fruit and vegetables a day so you get plenty of the immune-boosting vitamins and minerals.

- **RELAX**
  - Stress weakens the immune system, so keep calm, relax, and chill out.

- **TEMPER THE HEATING**
  - Central heating dries out the natural mucus in your nose – an important defence against cold and flu viruses. Keep a bowl of water in the room to make it humid.

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**HAVE A CUP OF GREEN TEA**
- It’s packed full of antioxidants which are good for your general health.

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**USE DISPOSABLE TISSUES**
- Throw them away and don’t leave them lying around to help prevent the spread of germs.

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**NOW WASH YOUR HANDS**
- Colds are caused by germs which can be picked up by your hands. If water and soap are not handy, use Vicks First Defence Protective Hand Foam.