



The Disabled Police Association

Wellbeing Resources

Coughs and Sneezes

‘Coughs and Sneezes Spread Diseases!!!’

As the winter months approach, the chance of catching a cold or the flu inevitably increases. But you can help yourself by using some of the information in this factsheet which might help you avoid the dreaded lurgy!

Over the years there have been many slogans and promotional campaigns to help people protect themselves from colds and flu during the winter months.



The key message, which is always part of the promotion, is to cover your mouth and

nose when you sneeze or cough and wash your hands afterwards with an antibacterial hand wash.

Today is no different!!!!

As there are so many viruses that can cause the common cold, a vaccination against it has not yet been developed. However there is a vaccination against the flu.

Do you have the flu or just a cold?

The symptoms of flu and the common cold can be similar. Here is some tips which may help you to identify which you have:

- Flu symptoms come on quickly and include fever and aching muscles. They also make you feel too unwell to continue your usual activities
- Cold symptoms come on gradually and affect just your nose and throat. They are also fairly mild so you can still get you can still get around and are usually well enough to go to work.

How to stop a cold from spreading

- ✧ Wash your hands regularly and properly using antibacterial soap – this is particularly important after touching your nose or mouth and before handling food
- ✧ Always sneeze and cough into tissues – this will help to prevent the virus containing droplets from your nose and mouth entering the air where they can affect others. Throw away used tissues immediately and wash your hands or use an antibacterial gel
- ✧ Clean surfaces regularly to keep them free of germs
- ✧ Use disposable paper towels to dry your hands and face rather than shared towels. As with tissues, always dispose of the towels after you have finished using them.

In most cases, you will be able to treat the symptoms of cold at home by using a number of self-care techniques. These are listed below:

Drink plenty of fluids to replace any you may have lost due to sweating and having a funny nose



Get plenty of rest; there is no official guidance as to how long a person should stay off work/school. Most people usually know when they are fit enough to return to normal activities.

Eat healthily; a low fat, high fibre diet is recommended, including plenty of fresh fruit and vegetables

Flu vaccination – if you have a pre-existing condition which requires for you to have the flu vaccination, please make an appointment to visit your doctor