**Winter Warnings**

Darker mornings and evenings, wet and slippery floors and the imminent arrival of ‘flu season’ have many of us wishing we could hibernate for the winter. Although winter comes as no surprise, many of us are not ready for its arrival. If you are prepared for the hazards of winter, you will be more likely to stay safe and healthy when temperatures start to fall.

<table>
<thead>
<tr>
<th>Sprains and strains</th>
<th>Broken bones</th>
<th>Head injury</th>
</tr>
</thead>
<tbody>
<tr>
<td>If someone slips and falls they could twist their ankle or wrist or overstretch a muscle</td>
<td>If someone falls and lands in an awkward position, they may have a broken bone</td>
<td>If someone has fallen and banged their head, they may have pain or a headache, a bump on their head and look pale.</td>
</tr>
</tbody>
</table>

1. Get the person to rest and elevate the injured part.
2. Apply an ice pack to the injury (but not directly onto the skin – apply over clothing or wrap in a cloth).
3. If there is no improvement, seek medical advice.

1. Encourage the person to support and immobilise the injury with their hand, or use a cushion or items of clothing to prevent unnecessary movement.
2. As soon as possible, call 999 or get someone else to do it.
3. Continue supporting the injury until help arrives.

1. Ask them to rest and apply something cold to the injury (e.g. an ice pack but not directly onto the skin – apply over clothing or wrap in a cloth).
2. Call 999 if they become drowsy, vomit or their condition gets worse.

If in doubt dial 3333 and request a Building Based First Aider

<table>
<thead>
<tr>
<th>Common Cold</th>
<th>Influenza</th>
<th>Norovirus</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Appears gradually</td>
<td>• Appears quickly within a few hours.</td>
<td>• Appears suddenly with 1 to 2 days of being infected.</td>
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<tr>
<td>• Affects mainly your nose and throat.</td>
<td>• Affects more than just your nose and throat.</td>
<td>• Sickness and diarrhoea.</td>
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<tr>
<td>• Makes you feel unwell, but you are ok to carry on as normal.</td>
<td>• Makes you feel exhausted and too unwell to carry on as normal.</td>
<td>• High temperature.</td>
</tr>
<tr>
<td>• Rest and sleep.</td>
<td>• Rest and sleep.</td>
<td>• Headache.</td>
</tr>
<tr>
<td>• Keep warm.</td>
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<td></td>
</tr>
<tr>
<td>• Drink plenty of water to avoid dehydration.</td>
<td>• Take paracetamol or ibuprofen to lower your temperature and treat aches and pains.</td>
<td>• Stay at home and get plenty of rest.</td>
</tr>
<tr>
<td>• Gargle salt water to soothe a sore throat.</td>
<td>• Drink plenty of water to avoid dehydration.</td>
<td>• Drink lots of fluids.</td>
</tr>
</tbody>
</table>

Cold, flu and Norovirus symptoms can all be treated in the home with over the counter medication. Further information can be found on the NHS web site [https://www.nhs.uk/conditions/](https://www.nhs.uk/conditions/)
How can I stay healthy?

- Clean your hands regularly with soap and water or use an alcohol-based hand rub. (Alcohol-based hand gels do not kill norovirus).
- Avoid touching your eyes, nose or mouth.
- If possible, avoid close contact with people who are ill.
- Get vaccinated! Influenza (flu) and pneumococcal (pneumonia) vaccines can prevent some serious respiratory illnesses.

Why should I cover my cough?

Common colds and illnesses like influenza, respiratory syncytial virus (RSV) and whooping cough are spread by:
- Coughing or sneezing; and/or
- Unclean hands.
These illnesses spread easily in crowded places as people are in close contact.

How do I stop the spread of germs?

- Always carry tissues.
- Cover your nose and mouth with a tissue every time you cough or sneeze.
- Throw used tissues in the bin as soon as possible.
- After coughing or sneezing, always clean your hands with soap and water.
- Do not share eating utensils, drinking glasses, towels or other personal items.

The best time to have the flu vaccine is in the autumn, from the beginning of October to the end of November.

Information on flu vaccines can be found on the NHS web site https://www.nhs.uk/conditions/vaccinations/flu-influenza-vaccine/.

For those who do not qualify for a free NHS vaccine they can be obtained from most pharmacists. A list can be found on the NHS web page https://beta.nhs.uk/find-a-pharmacy/.

http://www.hsd.qmul.ac.uk/