

10 tips to fight the flu

Flu symptoms can be very similar to the symptoms of COVID-19. Even if your symptoms are mild, get tested for COVID-19.



Get the flu shot

It is important to get the influenza vaccination each year to continue to be protected, since it wears off after 3 to 4 months. Flu strains also change over time.



Keep surfaces clean

Clean surfaces such as your keyboard, telephone and door handles regularly to get rid of germs.



Cover coughs and sneezes

Cover your mouth and nose when coughing or sneezing. Preferably with your elbow rather than your hand.



Bin your tissues

Throw disposable tissues in the bin immediately after using them.



Self-care at home

In most cases you can treat mild flu symptoms at home. Stay home if you are sick, to avoid passing the flu onto others. Rest and drink plenty of fluids.



Wash your hands

Good hygiene is one of the best ways to prevent flu from spreading. Wash your hands regularly with soap and water.



Avoid sharing

Try not to share cups, plates, cutlery and towels with other people, as this could spread germs.



Don't rely on antibiotics

Antibiotics won't cure the flu as this illness is caused by viruses. Antibiotics only work for bacterial infections. Check if your flu medication will help relieve symptoms on healthdirect's medicine directory.



Know the symptoms of a cold versus flu

A cold is not life-threatening and although uncomfortable does not require visit to a GP. A flu can escalate and may require medical attention.



Check your symptoms first

Use the healthdirect Symptom Checker via the app or website, or call 1800 022 222, to determine if your symptoms require a visit to the emergency department, a visit to your GP or can be managed at home.

