## **COLD AND FLU - ADULT**

For more information: NHS Choices http://www.nhs.u k/conditions/coldcommon/pages/in troduction.aspx



**Cold symptoms**: A runny nose, sneezing, coughing, blocked nose, nasal pain, hoarse voice and general sense of feeling unwell. Symptoms develop over 1-2 days and can last for up to 14 days. In children you may also get a raised temperature.

**Flu symptoms**: are usually sudden and severe in onset; include those of a cold and sudden fever (38°C and above), headache, tiredness, chills, aching muscles, limb or joint pain, diarrhoea/upset stomach, loss of appetite and difficulty sleeping. Symptoms peak after 2-3 days but full recovery can be up to 10 days, although people can feel tired for

#### longer.

# **Pharmacist should refer to a clinician** if the customer present with any of the following Red Flags

- Raised temperature Persistent raised temperature (39°C and above) for longer than 3 days
- Severe headache with vomiting or severe earache
- Hearing Problems develop with hearing
- **Confusion** Experiencing confusion or is disorientated
- **Coughing blood** Coughing up blood/blood stained mucus on more than one occasion
- Chest pain

- Severe difficulty swallowing or breathing difficulties
- Swelling of lymph nodes in neck and/or armpits

• Take care with children under 1, over 65s, those that are pregnant or breastfeeding

• Severe symptoms in those with a long term medical conditions –Particular care should be taken in those who have diabetes, heart disease, respiratory problems including COPD, kidney disease, and those with a compromised immune system

### Always follow WWHAM protocol and advise to read PIL before taking any medicine

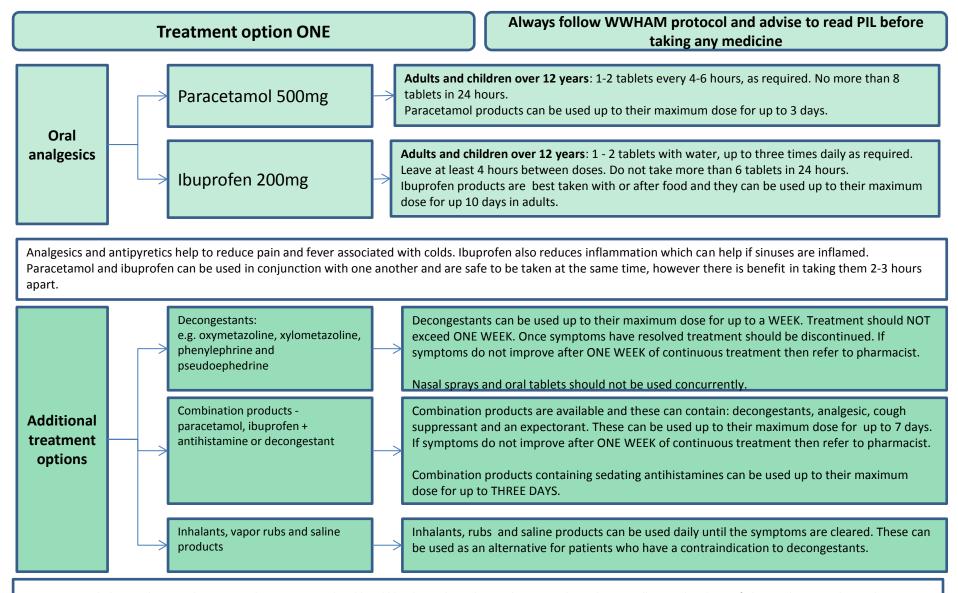
#### Significant interactions/warnings Sympathomimetics:

- MAOI risk of hypertensive crisis. This interaction can occur up to 2 weeks after an MAOI has been stopped so need to establish any discontinued medication
- Moclobamide risk of hypertensive crisis Anithistamines:
- Opioid analgesics /alcohol/hypnotics/sedatives enhanced sedative effect
- Antivirals enhances antihistamine effect **Ibuprofen:**
- May exacerbate asthma
- Corticosteroids/anticoagulants can increase risk of GI ulceration or bleeding
- Warfarin may increase risk of bleeding
- Do not take with any other NSAIDs or if allergic to any NSAIDs

Please refer to the British National Formulary and individual product packaging for cautions and contra- indications

### Self care advice:

- Protect yourself and others against cold and flu by:
  - Wash your hands regularly and properly especially after touching your nose or mouth and before handling food
  - Always sneeze and cough into tissues, use disposable paper towels to dry your hands and face rather than shared towels
  - Clean surfaces regularly
  - Ensure you and your family have a yearly flu jab so that you are protected
- Drink Drink plenty of fluids and get plenty of rest
- Rest Get plenty of rest and sleep with your head on a raised pillow if your nose is blocked at night
- Smoking Avoid smoking or being around smoky atmospheres

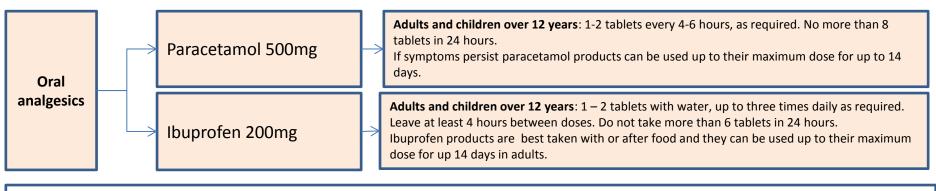


Decongestants help to reduce nasal congestion by constricting the dilated blood vessels in the nasal mucosa. This reduces swelling and oedema of the nasal mucosa thus making it easier to breath. The are not suitable for pregnant and breast feeding women and patients with hypertension. Sales of pseudoephedrine are restricted to 720mg in one transaction. Antihistamines work by drying up nasal secretions and should be used with a decongestant as they are ineffective on their own. They can also cause drowsiness so are often found in combination products to aid insomnia associated with having a cold.

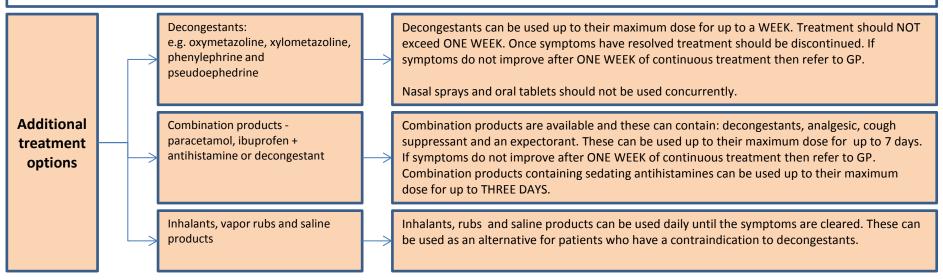
Inhalants work by helping clear the nasal passages whilst the steam will help ease congestion by loosening mucus so that reduces nasal congestion.

Saline preparations relieve congestion by helping to liquefy mucous secretions which makes it easier to blow your nose.

Care must be taken when multiple remedies are used at the same time that daily doses are not exceeded.



Analgesics and antipyretics help to reduce pain and fever associated with colds. Ibuprofen also reduces inflammation which can help if sinuses are inflamed. Paracetamol and ibuprofen can be used in conjunction with one another and are safe to be taken at the same time, however there is benefit in taking them 2-3 hours apart.



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