



Surviving Winter

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TIPS TO STAY HEALTHY

It may be cold outside, but winter should not be the unhealthiest time of year for you and your family.

Here are 4 ways to make sure that, even when your body is telling you to hibernate, you can keep healthy and fit, no matter what the weather's like.

Eliminate your sleep debt

In winter, we naturally sleep more because of the longer nights. It's perfectly natural to adopt hibernating habits when the weather turns cold. Use the time to catch up.

Drink more milk

You are more likely to get a cold in winter, so making sure your immune system is in tip-top condition is important. Milk and dairy products such as cheese, yoghurt are great sources of protein and vitamins A and B12.

Eat more fruit and vegetables

When it's cold, it can be tempting to fill up on unhealthy comfort food, but it's important to ensure you still have a healthy diet and include five portions of fruit and vegetables a day.

Try new activities for the whole family

Regular exercise helps control your weight, boost your immune system, and is a good way to break the tension that can build if the family is constantly cooped up inside the house.

Coping with Flu: 9 Tips to Ease Symptoms

TIP #1: Stay home and get plenty of rest.

On the first day of flu symptoms, follow the rules of flu etiquette. Call your work or school and tell them you're not coming in for a few days because you're sick -- and very contagious! Then, take advantage of these days of flu and let your body have much-needed rest.

TIP #2: Drink plenty of fluids.

Fluids help keep your respiratory system hydrated and liquefy thick mucus that can build up to cause infection in the bronchial tubes.

TIP #3: Treat aches and fever

Fever is a flu symptom and occurs when your body temperature rises to fight off infection. Treat fever and aches with over-the-counter medications. Ask your doctor which is right for you.

TIP #4: Use cough suppressants and expectorants to treat the cough

Over-the-counter cough remedies are available to suppress cough. There are also over-the-counter expectorants that liquefy thick mucus so it can be coughed up.

TIP #5: Use steam inhalation

You can fill the bathroom sink with steaming water. Add 1 teaspoon of the over-the-counter ointment Vicks Vapo Rub to the steaming water, and then breathe in the steam for several minutes until you get relief. Another alternative is to add a few drops of oil of eucalyptus (*Eucalyptus globulus*) or menthol to the water.

TIP #6: Sit in a steamy bathroom

If you are still congested, sit in a bathroom with the door closed and allow the shower to run hot until the room fills with moist steam. Inhaling the moisture can help to open your airways. Sit away from the water to avoid burns.

TIP #7: Run the humidifier

If the air is dry, a warm mist humidifier or vaporizer can moisten the air and help ease congestion and coughing.

TIP #8: Try soothing lozenges

Sucking on soothing lozenges will help to moisten and coat a scratchy throat and may reduce the cough associated with flu.

TIP #9: Try saline (salt water) nasal drops

Saline nose drops or sprays are available over-the-counter and are effective, safe, and nonirritating, even for children.



Important Emergency Numbers
Netcare 911: 082 911 • SAPS: 10111
Injury.Prevention@netcare.co.za