



What to do when suffering with Influenza like illness:

Interim advice 03 April 2020

What should I do if I have a fever and upper respiratory tract infection symptoms like a cough, runny nose or sore throat?

1. Look after yourself

- a. Drink enough water
- b. Rest
- c. Take simple pain killers like paracetamol if you have aches and pains or a fever
- d. Eat lightly

2. Don't spread your infection

- a. Socially distance yourself
 - i. Stay at home.
 - ii. Stay at least 1.5m away from others in your house.
 - iii. A separate bedroom, toilet/bathroom and avoiding the kitchen and food preparation or cleaning up will help reduce spread in your household.
- b. If you cough or sneeze use a tissue or cough into your elbow rather than your hands
- c. Wash your hands for 20 seconds with soap and water frequently – particularly before touching things that others may touch and after coughing or sneezing or blowing your nose, or going to the toilet.

3. Seek further medical advice if:

- a. You have difficulty breathing
- b. You feel you are very unwell
- c. If you have other major concerns
- d. If you have a temperature above 37.5

4. How do I seek medical advice?

- a. If you feel it is an emergency or need to see a doctor urgently call 000. Tell the ambulance service about your symptoms.
- b. Call HealthDirect 1800 022 222 for over the phone health advice.
- c. If going to an Emergency Department make sure you tell them about your symptoms immediately so they can give you a mask
- d. If going to your GP please call so they can prepare for your arrival. At the least you will be asked to disinfect your hands with hand sanitiser and wear a mask.

5. When can I go back to normal life and work?

- a. When you have not had a fever for 72 hours without fever reducing medication
- b. AND It is at least 7 days since the onset of your symptoms
- c. AND Your respiratory symptoms are improving (cough, nose and throat symptoms)
- d. If you are a healthcare worker you should avoid seeing immunosuppressed patients AND should wear a mask until 14 days has passed since the onset of your illness.

References for return to work advice:

<https://www.cdc.gov/coronavirus/2019-ncov/hcp/disposition-in-home-patients.html>
<https://www.cdc.gov/coronavirus/2019-ncov/healthcare-facilities/hcp-return-work.html>

