

# Dry Season Health



## Coughs and Sneezes spread diseases, catch them in a handkerchief

### Who is at Risk?

The flu virus is really bad for:

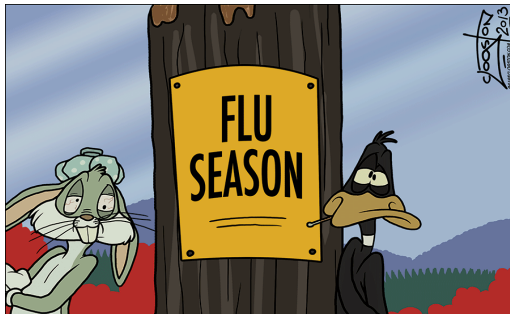
- ❖ Old People
- ❖ Pregnant Women
- ❖ Aboriginal and Torres Strait Islander
- ❖ Babies & Young Children
- ❖ Sick People



### Medications

Some medications for flu symptoms can show in a drug test. Some of these are:

- ❖ Antibiotics
- ❖ Penicillin
- ❖ Cold/Flu Tablets
- ❖ Codeine
- ❖ Pain killers



### Free Shots

Go to your Clinic to see if you can get a free flu shot

## Mosquitos in NT

They live and breed in a variety of habitats. Some species are capable of spreading diseases that are potentially harmful, such as:

- Murray Valley Encephalitis Virus
- Kunjin Virus
- Ross River Virus
- Barmah Forest Virus



### What YOU can do

- Empty all containers collecting water after rain
- Stay indoors from just before sunset until 2 hours after sunset
- Ensure flyscreens are in good condition or use mosquito nets
- Wear long sleeves and long pants and use repellents
- Use mosquito coils, candles or electric insecticide devices using repellent treated pads in indoor or enclosed areas

# Dry Season Health – Q & A

## **What are the symptoms of the Flu?**

Flu symptoms tend to develop abruptly one to three days after infection, and can include: tiredness, high fever, chills, headache, coughing, sneezing, runny noses, poor appetite, and muscle aches. Most people who get the flu will suffer from mild illness and will recover in less than two weeks. However, some people can develop longer-term health problems, including pneumonia, bronchitis, chest and sinus infections, heart, blood system or liver complications, which can lead to hospitalisation and even death.

## **How do I get the Flu?**

Flu spreads from person to person through the air by coughing or sneezing, or by direct contact with the virus on hard surfaces or people's hands.

## **What should you do if you are taking medicine ?**

*As soon as possible report the medication to your Supervisor. Some flu medications affect how your brain operates and will show a positive result in a drug test. If taking these medications, you shouldn't be doing high risk activities at work.*

## **What should I do if I get drug tested while taking medication?**

*Before having the drug test, tell the person testing what medication you are taking, how much you are taking and when was the last time you had it.*

## **Where can I go to get the free flu shot?**

*See your Doctor or Nurse at your local clinic. They can provide you with details on how to get the free flu shot.*

## **What should I do if I am sick?**

*Tell your supervisor if you are sick, you may need to go home to stop infection spreading to the rest of your work mates.*

## **Which mosquitos bite?**

*Only female mosquitoes bite; males feed on flower nectar. Female mosquitoes need protein for their eggs, and must take a blood meal in order to reproduce. And when not trying to produce eggs, females are happy to stick to nectar, too.*

## **What to do is you start feeling unwell after a mosquito bite?**

*If you start feeling unwell after a mosquito bite, please see your Doctor or Nurse at your local clinic.*