



The Prince's
Responsible
Business Network



WOULD
YOU BE
READY?

UNDERSTANDING THE COMMON COLD, SEASONAL FLU AND PANDEMIC FLU

The Common Cold

- Usually caused by viruses
- Gradual onset of symptoms
- Runny nose, cough, sore throat are common
- Sometimes mild aches and pains
- Don't usually have high temperature or chills
- Tends to be short-lived and over in a week or so.
- Treatment is mainly self-care with over the counter cold medicine, rest and hydration

Seasonal Flu

- Caused by the influenza virus
- Sudden onset of symptoms
- Usually a high temperature often with chills and fatigue. Sometimes with headache, chest pain and cough.
- Lasts for a week or two
- Treatment is usually supportive with paracetamol, unless very unwell when antiviral medication may be offered
- Can end up very unwell and can cause death
- Occurs in outbreaks and epidemics every winter in the northern hemisphere

Pandemic Flu

- Term used to describe an outbreak of a flu which spreads over the whole world. It's not a specific type of flu, it's more about how it spreads
- Pandemics are very rare – one every 10-40 years
- Can happen at any time of the year
- Flu pandemics are the types most people have heard of, particularly the 1918 flu pandemic which affected 500 million people

HOW TO LIMIT THE SPREAD OF COUGHS, COLDS & FLU

As we enter the coughs and cold season it's a good chance to think about how you can support your people to stay healthy and limit the spread of coughs and colds in the workplace.

1

If sick, stay home so you don't spread your germs.

2

Cover your mouth and nose when coughing or sneezing with a disposable tissue.

3

Wash your hands regularly.

4

Clean communal surfaces like door handles, keyboards and phone headsets regularly.

5

Support staff, who are eligible, to get the annual flu vaccination.

6

Talk about the flu season with staff and use national campaigns to help them stay well this winter

WANT TO KNOW MORE?

There are lots of free resources available from the NHS to raise awareness of seasonal flu for your people, including information for those with children on flu vaccination for young children.

- [NHS Flu Awareness Website](#)
- [NHS Stay Well This Winter Campaign Materials](#)
- [Northern Ireland Public Health Agency Flu Information](#)
- [NHS Inform \(Scotland\) Flu information](#)
- [Public Health Wales Flu Information](#)
- [UK Government Information on Flu Surveillance](#)
- [CDC Seasonal Flu Webpages](#)

JOIN THE NETWORK FOR CHANGE

Wouldyoubeready@bitc.org.uk

 @BITC



The Prince's
Responsible
Business Network

