



# WINTER READY PLAN

Winter proof your wellbeing

Whānau GP

GP Contact Number

My current temperature is

Time taken

Pain Relief intake

Time taken

Fluid intake today

Liters

WHĀNAU SUPPORT

We all know that sometimes we may need support, whether that's someone on stan-by to take you to the GP, someone to kōrero to or someone to assist with tamariki when they are not well.

Use this section to plan out who your go to people are;

Name	Contact	Support
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## DO I NEED TO SEE MY GP?

You'll need to see your GP if you're experiencing any of the following symptoms:

- a high fever that does not come down, especially if you are pregnant
- chills or severe shaking
- a rash
- difficulty breathing or chest pain
- purple or bluish colour of your lips, skin, fingers or toes
- severe headache or stiff neck
- an earache that gets more painful
- dislike of bright lights
- fits (seizures or convulsions)
- signs of dehydration such as dizziness when standing
- difficulty passing urine regularly.
- a sore throat that gets more painful, or has white or yellow spots
- a cough that gets worse or becomes painful.

## TEMPERATURE

38–38.9°C – mild fever

With a mild fever you might have flushed cheeks, feel a little lethargic, and be warm to touch. You will generally be able to carry out normal daily activities.

39–39.9°C – high fever

With a high fever you may not feel well enough to go to work, you may have aches and pains, and you'll feel hot to touch.

40°C or higher – very high fever

With a very high fever you will usually want to stay in bed or be inactive – you won't feel well enough to carry out normal activities. You may have lost your appetite. You'll feel hot to touch

## DO I HAVE COLD OR FLU SYMPTOMS?

If you have any of the symptoms below it is likely that you have a cold or flu:

- scratchy or sore throat
- a cough
- sneezing and a runny or blocked nose
- watery eyes
- blocked ears
- a slight fever (37.2 to 37.8°C)
- tiredness and headache.
- fever or feeling feverish
- chills
- muscle or body aches
- headache
- runny or stuffy nose
- cough
- sore throat
- upset stomach, vomiting or runny poos (diarrhoea).

## HOW CAN I KEEP WELL/PREVENT THE COLD & FLU?

Here are some suggestions:

- Wash your hands regularly and dry them well.
- Get the flu vaccine each year - it might be free for you.
- Quit smoking - smokers get more colds, symptoms are worse and they last longer.
- Stay warm - heat your home to at least 18°C.
- Keep your immune system strong: be active, eat healthy food, be smoke-free and get plenty of sleep.

To book an appointment with our mobile clinic based in your area

# CALL 0800 202 004