



Prevent winter illness

The elderly and disabled are at a higher risk of *complications* from winter illness, such as:

- dehydration
- poor nutrition
- pressure injuries
https://www.therapyprofessionals.co.nz/uploads/4/9/5/2/49523375/skin_injuries_caused_by_pressure.pdf
- deep vein thrombosis
- chest infections
http://www.therapyprofessionals.co.nz/uploads/4/9/5/2/49523375/prevent_winter_chest_infections_.pdf

When we're caring for people it is important to look after ourselves and those we are caring for. Here are some tips on preventing winter illnesses:

1. Get a flu vaccination.
2. Keep hygiene up by:
 - regular hand washing with soap for 20 seconds
<https://www.therapyprofessionals.co.nz/uploads/4/9/5/2/49523375/handwashing.pdf>
 - cough and sneeze into a tissue then throw out or into your elbow.
 - wash cups & cutlery well, and surfaces regularly, especially phones and keyboards
3. Exercise – 30- 60 minutes at least three times a week. For guidelines on when to and when not to exercise.
https://www.therapyprofessionals.co.nz/uploads/4/9/5/2/49523375/to_exercise_or_not_to_exercise_.pdf
4. Eat a healthy diet – have three meals a day that includes dairy, fruit, vegetables, protein, and cereals
5. Drink plenty of fluids – eight cups plus a day.
6. Get fresh air though your house regularly - open curtains during daylight hours and windows for a short period during the day.
7. Keep your house dry and warm - heat your home to at least 18 °C. Avoid using gas heaters and drying your washing inside.
8. Ensure your vitamin D levels are good - get outside in the sun for up to 15 minutes a day, eat vitamin rich foods or discuss supplements with your Doctor.
https://www.therapyprofessionals.co.nz/uploads/4/9/5/2/49523375/vitamin_d_and_the_winter_months_r_.pdf



9. Get 8-10 hours regular sleep - the body does most of its healing and maintenance while we sleep.

https://www.therapyprofessionals.co.nz/uploads/4/9/5/2/49523375/having_trouble_sleeping_as_you_age.pdf

10. Keep up your social life. Spending time with family and friends is good for your health.

11. If you do get sick - **stay at home** and seek medical attention if required.

If anyone gets sick

While there's not much you can do to reverse a cold or flu there is evidence you can shorten the duration and severity by:

- resting – it is often hard to know whether you should exercise or not. Here is some good advice. http://www.therapyprofessionals.co.nz/uploads/4/9/5/2/49523375/to_exercise_or_not.pdf
- eating more vitamin C-rich fruit and vegetables - good choices are broccoli, kiwi fruit and oranges
- drinking plenty of fluid – 8 cups plus a day. Try warm fluids such as herbal teas, lemon and honey drinks and soups.
- enjoying homemade chicken soup - research has shown that chicken soup, sometimes called 'Jewish Penicillin' can help relieve cold symptoms.



We recommend you talk to our team of therapists who can give you advice on reducing these risks before your clients get ill and the illness has taken hold.

Just contact us: **Phone:** (03) 377 5280.
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