



Is it the Flu or Cold?

First Aid Today can reveal people do not appreciate the difference using and disposing of tissues correctly, and then washing their hands afterwards can help prevent the spread of the common **cold** and the more serious **flu virus**.

First Aid Today advices, no matter what you have don't pass it on!!!

Fact:

- 🗑️ Most adults suffer two to five colds a year, and infants and pre-school children have an average of four to eight.

As the weather becomes colder and you spend most of your time indoors, you're more likely to catch cold and flu viruses. The cold and flu season can begin as early as October and usually ends sometime in April, but long-lasting sickness isn't inevitable.

Tips:

- 🗑️ When you feel sick, don't go into work
- 🗑️ take the time to listen to your body and rest
- 🗑️ When you feel better give yourself 1 extra day and make sure you're up to full strength to return to work.

Too many people feel guilty and go to work passing on germs, making the rest of your team ill, due to your guilt.

Stop passing on your Germs.

In light of the new marketing campaign from the DH and NHS '**Catch it... Bin It...Kill It...**' this fact is being endorsed by the NHS and aimed at Schools Kindergartens, Child Care facilities and teaching the under 11's the benefits of acting fast and not passing germs, '**Catch it, Bin it, Kill It**', so simple yet so True.

- 🗑️ Blow your nose into a tissue!
- 🗑️ Drop the Tissue in the Bin or down the loo!
- 🗑️ Kill it, and then wash your hands!

First Aid Today can help you at Home, Work and in the Car with top tips on how to keep those germs at Bay.....



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Registered in England 6134434 | VAT - 928 3625 05



Tissues – In a variety of sizes – Best sellers for the reception areas, by the phones and in the toilets

High Quality Multi Purpose Tissues - Available in a range of sizes

- 🗑️ Facial Tissues pack 100 - **£0.95**
- 🗑️ Facial Tissues case of 36 packs of 100 - **£29.95**
- 🗑️ Kleenex, Man size Pack 100 - **£2.20**
- 🗑️ Kleenex – Ultra Soft Pack of 80 - **£2.35**
- 🗑️ Kleenex – Pocket Pack, Pack of 10 - **£0.80**

Germ Warfare – Non Toxic, Non Irritant, Dermatologically tested – a break through in the battle against superbugs, kills wide variety of bacteria's

- 🗑️ Protective hand mousse - **£4.15 (6)**
- 🗑️ Biocidal Hand Soaps - **£2.45 (6)**
- 🗑️ Kitchen and Bathroom wipes - **£2.45 (6)**
- 🗑️ Multi purpose hard surface sprays 750ml Trigger bottles - **£3.25 (6)**

VDU & Telephone Wipes – Best sellers in Call Centres and Internet Cafes, Libraries

- 🗑️ Tub of 150 wipes with flip top lid for easy dispensing
- 🗑️ Ideal for sanitising telephones and can also be used on plastic and laminate surfaces
- 🗑️ Keeps essential office equipment free from bacteria
- 🗑️ Each team member can have one by their work station

150 per tub x 12 per box £4.25 each

Skin Cleansing Wipes Best sellers for areas where there are lots of people sharing the same equipment, schools, and nurseries, very safe to use.

- 🗑️ Available in a drum of 200 wipes, perforated with snap on lid for easy dispensing"
- 🗑️ Multi purpose wipes suitable for Adults and Children
- 🗑️ Anti bacterial formula ensures skin is thoroughly cleansed
- 🗑️ Each team member can have one by their work station
- 🗑️ Reduces the need for soap and water
- 🗑️ Economical & highly absorbent

200 per tub x 12 per box £8.50 each



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Disinfectant Cleaning Solutions – Best sellers for the desks, Chairs, Reception areas, Toilets, Drinking fountains.

"Recommended for use in **hospitals, surgeries, kitchens/canteens, emergency services and laboratories**"

"Can be used on a variety of surfaces such as walls, floors, work surfaces, hands, skin and clothing"

-  **Clean-Up Disinfectant Spray, 30ml** £2.98 ex VAT x 12 Sizes: 30ml
-  **Clean-Up Disinfectant Spray, 500ml** £5.10 ex VAT x 12 Sizes: 500ml
-  **Clean-Up Disinfectant Spray, 500ml** £5.10 ex VAT x 12 Sizes: 500ml
-  **Clean-Up Disinfectant, 5 Litres** £14.95 ex VAT x 12

7 Comfort Foods that are good for you

-  **Comfort** – A condition or feeling of pleasurable ease, well-being, and contentment.
-  **Food** – A substance you consume to produce energy, stimulate growth, and provide nourishment.

Yogurt (with fruit)

The frozen variety tastes pretty similar to its ice cream counterpart, only with less fat. By adding fruit, you're only adding more minerals and vitamins. Cool and soothing, this comfort food is a perfect snack, yet tastes sweet enough to ease your pain.

Fruit smoothie

This is the perfect cure for anyone with a sweet tooth. Amazingly, even if you don't normally like fruit, you will probably still enjoy this blend of fruit, juice and yogurt. It only takes a few minutes to whip up in your blender and is a cool and refreshing treat during a hot, summer day or on a winter's day when you have a sore throat.





Chicken noodle soup

Would you rather have anything else when you're sick? This blend of noodles, chicken chunks and veggies in a steaming hot bowl will take you back to your childhood. Remember to buy a brand with low sodium, or make your own at home

Angel's food cake – Chocolate Fudge Cake.....warmed with creamUmmm!!!!

Sometimes, we all love a slice of cake. Warm and fluffy, every bite is better than the previous one. With angel's food cake, you can enjoy a slice without feeling guilty about it later. Pretend it's your birthday and have a slice, maybe even with some fat-free whipped cream, now say Ummm.....

Oatmeal – Porridge Oats | Ready Brek

Forget caffeine-charged coffee; oatmeal is all you need for a hot breakfast that will leave you energized for hours to come. Packed with complex carbs. Oatmeal is easy to make and much healthier than a sugary cereal you might otherwise eat. A steaming bowl of Porridge will make mornings your favourite part of the day

Vegetable juice

Sometimes you need that kick. Vegetable juices, such as V8 and others, have enough kick to play in soccer's World Cup. A blend of many vegetables, including tomatoes, its great when you're not very hungry or when you're on the go.

Crock pot creations (anything that's healthy, anyway)

One of the greatest food inventions of the 20th century, a crock pot / Slow Cooker / Casserole can seemingly take any combination of ingredients and turn them into a great meal.

Slowly cooked, whatever comes out is hot and tastes great. Throw in healthy meats and a bunch of veggies to make this comfort food good for you



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