

Australian Swimming Team Prevention Pack - 2011



The main aim of the prevention pack program is to encourage effective self-management of minor illnesses.

If you are on a selected team, in the month prior to the trip you should notify the team doctor of any illness lasting more than 3 days.

**REMEMBER TO WASH YOUR HANDS BEFORE EATING AND AFTER USING THE TOILET.
USE AND DISPOSE OF TISSUES HYGIENICALLY**

Part 1 – Prevention

- Anti-bacterial hand wash pump pack
- SWISSE pro-biotic
- Tissues
- Saline nasal spray (for use in air-conditioned rooms and on flights)

(Remember to ask household members and teammates to use and dispose of tissues and wash their hands when they are sick).

Part 2 – Early Signs of Upper Respiratory Tract Illness

Tickle in the throat/runny nose/nasal congestion or close contact exposure to a virus.

- SWISSE Immune (1 tablet twice a day)
- SWISSE Vitamin C (1 tablet twice a day)

Part 3 – Symptomatic Treatment

- Sore throat and/or headache – 2 paracetamol tablets (4 hourly if required, but no more than 8 per day).
- Sore throat – lozenges and/or sore throat gargle
- Runny nose and/or blocked sinuses
 - medicated nasal spray
 - Sinus wash (for blocked/infected sinuses) – make up solution, over a basin, insert nozzle into 1 nostril, open mouth and squirt

Part 4 – Unwell for more than 3 days (athletes only)

Call the team doctor. Staff should contact their GP
Dr Michael Makdissi: 0412 433 501

NOTE: **pseudoephedrine** containing medicines (eg **SUDAFED**) are **BANNED** in competition and **MUST NOT** be taken during a competition OR within 3 days. Please contact the team doctor to discuss if required

Prevention Pack Contents

1. Tissues
2. Anti-bacterial hand-wash
3. SWISSE Immune and Vitamin C
4. SWISSE pro-biotic
5. Paracetamol 500mg tablets
6. Strepsil or diflam lozenges
7. Betadine sore throat gargle
8. Medicated nasal spray (oxymetazoline e.g. Drixine, otrovin)
9. Flo sinus wash