

UPPER RESPIRATORY TRACT INFECTION / the common cold

Upper respiratory tract infection or the "common cold" has the ability to interfere with your training and preparation for Beijing.

There are a number of steps that all team members can take to minimize their risk of infection or shorten the duration of acquired infections.

Minimizing risk of URTI / cold

1. Frequent hand washing
 - with a waterless hand wash
 - before eating or touching face
 - after training
 - after using tissues
 - after exposure to a high risk person or place [such as communal areas]
2. Good recovery
 - sleep is vital to recovery and to adapt to training
 - A healthy, well balanced diet is essential

Symptoms of URTI or cold

- scratchy or dry throat
- sore throat
- sneezing
- fatigue
- increase in morning resting heart rate of > 10%
- blocked or runny nose

Shortening the duration of URTI or cold [in the absence of allergies to the following]

- Modification of training – discuss with your coach the possibility of substituting a hard session for lighter or shorter one
- Vitamin C 1000mg daily – Australian made brands only
- Zinc 500mg twice daily – Australian made brands only
- Regular Paracetamol – up to 8 paracetamol containing tablets in a day
- Betadine throat gargle – 4 x day
- Asprin throat gargle – 2 x day
- Sinutab or other cold & flu preparation – check with ASADA for brands that are OK to use in sport
- Use of tissues [not a hankie] & appropriate disposal into rubbish immediately

Kindest Regards

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