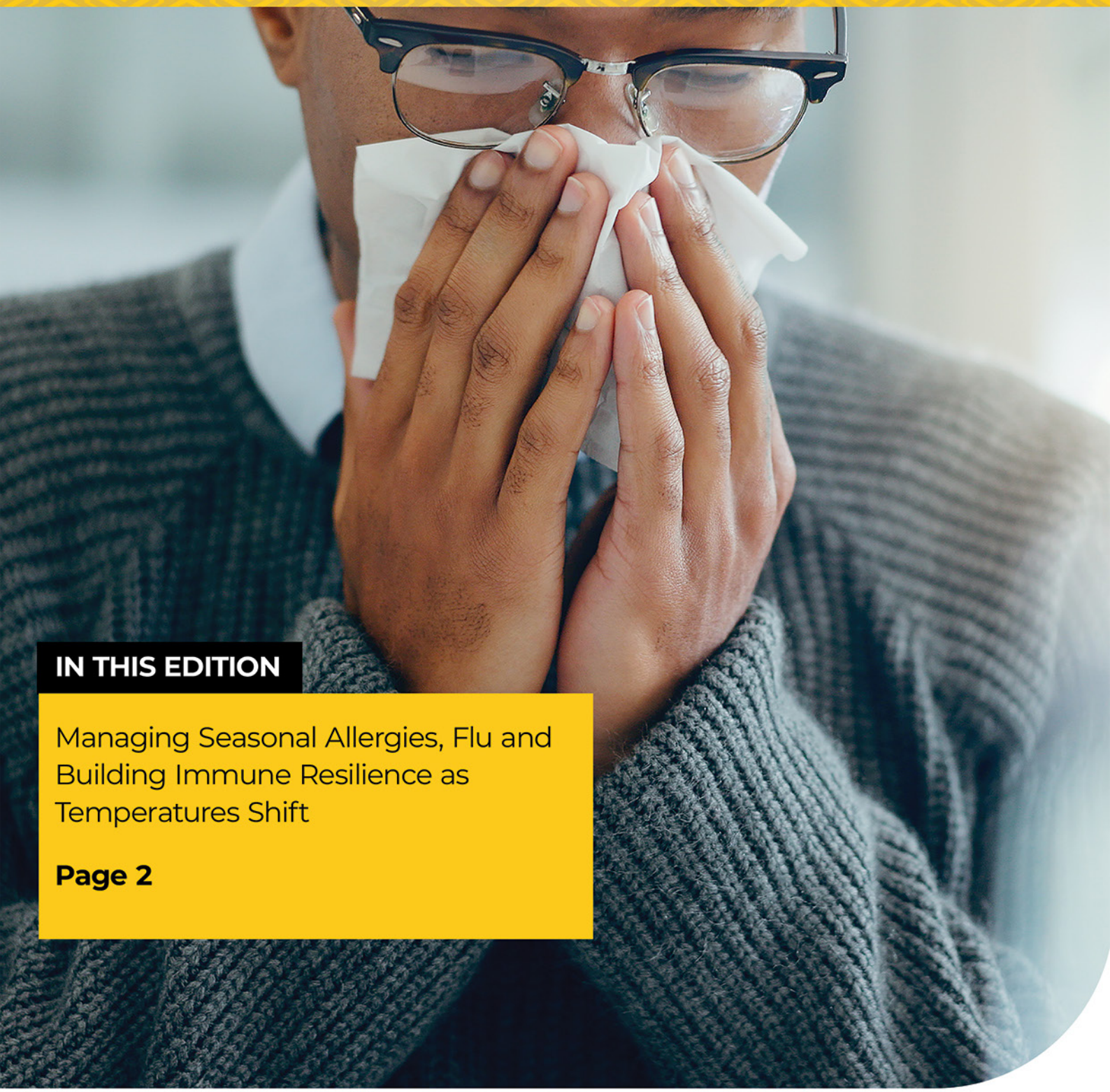
THE HEALTH DIGEST

3RD QUARTER 2026 EDITION



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Managing Seasonal Allergies, Flu and Building Immune Resilience as Temperatures Shift



As temperatures rise, our bodies may need time to adjust to cooler mornings, warmer afternoons and changing environmental conditions. These seasonal shifts can coincide with an increase in respiratory illnesses and allergy symptoms, making it important to take simple steps to protect our health and wellbeing.

While seasonal allergies and flu can have similar symptoms, they have different causes. Seasonal allergies typically present with sneezing, itchy or watery eyes, and a runny or blocked nose, usually without a fever. Flu, on the other hand, often develops suddenly and may cause fever, body aches, fatigue, headache, sore throat and cough.

Understanding the difference can help us respond appropriately and seek medical advice when necessary.

How to Reduce Your Risk of Catching the Flu

Prevention starts with everyday habits. To reduce your risk of catching or spreading the flu:

1. **Practise good hand hygiene:** Wash your hands regularly with soap and water or use an alcohol-based hand sanitiser.
2. **Avoid touching your face:** Unwashed hands can transfer germs to the eyes, nose and mouth.
3. **Cover coughs and sneezes:** Use a tissue or your elbow rather than your hands and dispose of tissues appropriately.
4. **Avoid close contact with people who are unwell:** Where possible, maintain some distance from people experiencing flu-like symptoms.
5. **Keep indoor spaces well ventilated:** Good airflow can help reduce the concentration of respiratory particles indoors.
6. **Stay home when you are unwell:** Resting at home supports recovery while helping to protect others from infection.
7. **Keep vaccinations up to date:** Follow recommended vaccination guidance, including seasonal influenza vaccination where appropriate.

Managing Seasonal Allergies

Seasonal allergies can affect sleep, concentration and productivity. Identify and avoid triggers such as dust, pollen, mould and smoke, while keeping your surroundings clean and maintaining good hygiene, especially after spending time outdoors. If allergy symptoms are persistent, severe or interfere with normal activities, consult a healthcare professional for appropriate assessment and treatment.

Supporting Recovery When You Have the Flu

If you do develop flu, give your body time to recover. Adequate rest and sleep, sufficient fluid intake and a balanced diet can support recovery.

Avoid rushing back into strenuous physical activity while you are still experiencing significant fatigue or other symptoms. Gradually resume normal activities as your energy and wellbeing improve.

Remember that antibiotics do



not treat influenza because flu is caused by a virus. If symptoms are severe, persistent or worsening, seek medical attention.

Tips for Optimal Immune Health

There is no single food or supplement that can prevent infections. Supporting immune health requires consistent healthy habits, including:

- **Eat a Balanced Diet:** Choose a variety of fruits, vegetables, whole grains, proteins and other nutrient-rich foods.
- **Get Enough Quality Sleep:** Maintain a regular sleep routine and prioritise restful sleep.
- **Stay Hydrated:** Drink enough fluids throughout the day, especially when unwell.
- **Keep Active:** Engage in regular physical activity appropriate to your fitness level.
- **Manage Stress:** Make time for relaxation, social connection and activities that support wellbeing.
- **Practise Good Hygiene:** Wash hands regularly, cover coughs and sneezes, and keep frequently touched surfaces clean.
- **Dress for Changing Temperatures:** Dress appropriately and carry an extra layer for when temperatures fluctuate.
- **Manage Existing Health Conditions:** Follow prescribed treatment and attend routine healthcare appointments.

Know When to Seek Medical Attention:

Most respiratory illnesses can be managed with appropriate rest and supportive care, but some symptoms require prompt medical assessment. Seek medical attention if you experience difficulty breathing, chest pain, severe weakness, dehydration, confusion, persistent or worsening fever, or symptoms that improve and then suddenly become worse.