

GENERAL HEALTH & WELLBEING

TOPIC 6:

WHAT TO DO IF YOU BECOME ILL

INTRODUCTION

Despite your best efforts, you may fall ill from time to time. Don't worry, this is normal!

Here are some suggestions to consider if you are feeling 'under the weather'...

RESTING HEART RATE

- Know your resting heart rate (RHR).
This is your heart rate, measured in NUMBER OF HEARTBEATS PER MINUTE, before you get out of bed in the morning.
This value is different for every individual.
- You should keep this monitored as a raised reading (greater than 10% of your usual RHR) is usually, but not always, the 1st sign that something is wrong.

WHEN NOT TO TRAIN

- You should NOT train if:
 - a. Your RHR is more than 10 beats above normal and you feel ill.
 - b. You have a temperature or feel hot / shivery / sweaty.
 - c. You have a cough with lots of green phlegm.
- Please see your doctor if things are NOT starting to improve after 2 days.

THE COMMON COLD

- If you have a cold, start Vicks 'First Defence' as soon as possible (as long as you aren't allergic to the ingredients).
- Steam inhalation is good for blocked noses and sinuses – Fill a large bowl with plain boiled water, place your head over the bowl. Place a towel over both you and bowl. If you have not done this before, ask an adult family member or friend who has done this before to assist you. Be careful not to scald yourself!
- You can apply some menthol to the water to aid with the inhalation. If you have not done this before, apply a small test dose in the hot water first and see if this suits you. Close your eyes to prevent irritation whilst undergoing steam inhalation.
- Paracetamol or Ibuprofen will deal with fevers and if you are in pain (throat or sinuses).

DIARRHOEA AND VOMITING (D&V)

- If you get sick with nausea, vomiting or/and diarrhoea, it is important you do NOT train – you won't have the fuel and you may pass this illness to others and make them ill!
- Fluids are important – a mix of rehydration sachets (E.g. Dioralyte), non-diet version of fizzy drinks (E.g. lemonade, lilt, coke and water).
- Start the **BRAT** diet when you aren't being sick- **B**ananas, **R**ice or white pasta with no sauce, **A**pples (peeled) and **T**oast/ bread with nothing on it).
- Only return to training/ competition after you have been clear of D&V for at least 48 hours.

RETURNING TO TRAINING AND COMPETITION

- In general, get advice from your own doctor or other qualified health profession about returning to training if you have been off or if you aren't sure what you can do.

Key phrases: Resting Heart Rate, D&V, BRAT diet.

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ADDITIONAL RESOURCES

VIDEO-

DIARRHOEA.

<http://www.nhs.uk/conditions/diarrhoea/pages/introduction.aspx>