A simple guide to recognising and dealing with COVID19 and Flu like symptoms.

This is the **third** of three simple grab sheets offering a simple guide on recognising and dealing with COVID 19 and flu like symptoms and what the difference is between

Grab sheet 1. Identifies some of the key early symptoms of COVID19 and Flu and describes what the difference is between COVID 19 and Flu.

Grab sheet 2. Tells us about the important things to do if you believe someone you support or care for has symptoms of COVID19 or flu like symptoms.

Grab Sheet 3. Tells us how to look after ourself if we are caring for someone who is ill. with COVID19 or flu like symptoms.

Things you can do to protect yourself and others when caring for some-one with COVID19 or flu-like symptoms.

Wash your hands often with soap and water for at least 20 seconds especially after you have been in a public place, or after blowing your nose, coughing, or sneezing.

It's especially important to wash:

• Before eating or preparing food
• Before touching your face

- After using the toilet
- After leaving a public place
- After blowing your nose, coughing, or sneezing
- After handling your mask
- After changing or helping change someone's clothes
- After caring for someone sick
- After touching animals or pets

If soap and water are not available, use a hand sanitizer that contains at least 60% alcohol. Cover all surfaces of your hands and rub them together until they feel dry.

Avoid touching your eyes, nose, and mouth with unwashed hands.

Inside the Home:

Avoid close contact with people who are sick.
If possible, maintain 6 feet between the person who is sick and other household members.
Remember that some people without symptoms of Covid-19 may be able to spread virus.
Stay at least 6 feet (about 2 arms 'length) from other people.
Keeping distance from others is especially important for people who are at higher risk of getting very sick.

Wearing a Mask

Cover your mouth and nose with a mask when around others
You could spread COVID-19 to others even if you do not feel sick.
The mask is meant to protect other people in case you are infected.
Wear a mask in public settings and when around people who don't live in your household, especially when other social distancing measures are difficult to maintain. Unless there are special reasons why this is not practical.

Avoid placing masks on young children under age 2, anyone who has trouble breathing, or is unconscious, incapacitated or otherwise unable to remove the mask without assistance.

Continue to keep about 6 feet between yourself and others. The mask is not a substitute for social distancing.

Always cover your mouth and nose with a tissue when you cough or sneeze or use the inside of your elbow and do not spit.

Throw used tissues in the rubbish bin

Immediately wash your hands with soap and water for at least 20 seconds. If soap and water are readily available, clean your hands with a hand sanitizer that contains at least 60% alcohol.

Clean and Disinfect

Clean and disinfect frequently touched surfaces daily. This includes tables, doorknobs, light switches, work and kitchen tops, handles, desks, phones, keyboards, toilets, faucets, and sinks.

If surfaces are dirty, clean them. Use detergent or soap and water prior to disinfection. Then use a household disinfectant.

Monitor Your Health Daily

Be alert for symptoms. Watch for fever, cough, shortness of breath, or other symptoms of COVID-19.

Especially important if you are caring for someone- running essential errands, going into the workplace, and in settings where it may be difficult to keep a physical distance of 6 feet.

Take your temperature if symptoms develop.

Don't take your temperature within 30 minutes of exercising or after taking medications that could lower your temperature.

It's likely that flu viruses and the virus that causes COVID-19 will both spread this winter. Healthcare systems could be overwhelmed treating both patients with flu and patients with COVID-19. This means getting a flu vaccine during 2020-2021 is more important than ever.

While getting a flu vaccine will not protect against COVID-19 there are many important benefits, such as:

- Flu vaccines have been shown to reduce the risk of flu illness, hospitalisation, and death.
- Getting a flu vaccine can save healthcare resources for the care of patients with COVID-19.

This is a very basic guide for further information you may wish to go to

- https://www.nhs.uk/conditions/coronavirus-covid-19
- https://www.gov.uk/coronavirus

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