
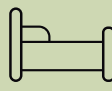










COVID-19, flu and other respiratory illnesses affect people in different ways. Most people will develop mild to moderate illness and recover without hospitalisation. It's important that you monitor your symptoms while you recover and get help if needed. Symptoms can include:




Most common symptoms

	fever		tiredness
	cough		loss of taste or smell (COVID-19 patients)

Less common symptoms

	sore throat		diarrhoea
	headache		red or irritated eyes
	aches and pains		a rash on skin, or discolouration of fingers or toes

Serious symptoms

	difficulty breathing or shortness of breath		loss of speech or mobility, or confusion
	chest pain		

Call triple zero (000) immediately if you experience any of the following:

- central or crushing chest pain
- unconsciousness or a seizure (fit)
- severe difficulty breathing or turning blue
- severe bleeding or inability to control bleeding with pressure
- slurred or sudden inability to move or speak, or sudden facial drooping or,
- a severe accident

This is not a list of all possible symptoms. Please contact the Care@home team on **1800 973 363** to discuss any other symptoms that are concerning to you.