
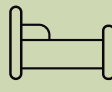











COVID-19, flu and other respiratory illnesses affect people in different ways. Most people will develop mild to moderate illness and recover without hospitalisation. It's important that you monitor the patient's symptoms while they recover and get help if needed. Symptoms can include:

Most common symptoms are similar to a cold, which include:

	fever		fatigue
	cough		loss of appetite
	runny nose		sore throat
	loss or altered sense of smell or taste (COVID-19 patients)		irritability

Less common symptoms

	headache		poor oral intake and mild dehydration
	breathing difficulties		

Serious symptoms

- working hard to breathe, e.g. lots of effort with fast breathing or long pauses between breaths
- very sleepy, e.g. difficult to wake or confused
- very dehydrated, e.g. less wet nappies or going to the toilet less than usual, or extremely thirsty
- severe chest or abdominal pain that doesn't go away after pain relief
- persistent dizziness or headache
- persistent fever that lasts more than five days, or a fever in a baby under 3 months old
- pain or swelling in the legs.

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.