



# Think Flu and COVID-19

## Know the symptoms



Fever of  
**37.8°C**  
or above



New onset or acute worsening of one or more of these symptoms:

- cough
- hoarseness
- runny nose or congestion
- shortness of breath
- sore throat
- wheezing
- sneezing
- chest pain
- loss or change of taste/smell



Sudden  
decline in  
physical or  
mental ability



**If you have any of these symptoms stay away and inform your manager.** Staff or visitors with flu like symptoms or COVID-19 symptoms should stay away from the care home, even if they have tested negative for COVID-19 because they might have flu. Also stay away if you have signs of other infections such as diarrhoea, vomiting or a rash. This [poster](#) can be used to advise visitors to stay away if ill.



**Prevent** severe illness in your care home through maximising [flu vaccination](#) and [COVID-19 booster](#) uptake for staff and residents.

Guide to [increasing vaccination at your care home](#) and further [resources](#)



**Protect** your care home from flu and COVID-19. Infection prevention and control measures such as ventilation, hand hygiene, PPE, and cleaning will help to reduce the risks from flu and COVID-19.