
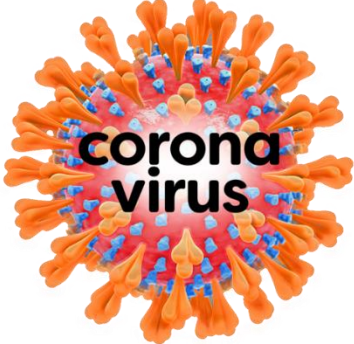


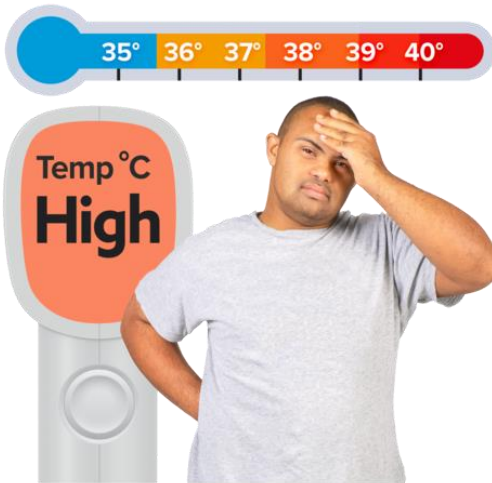


An easy read guide to finding out if you have coronavirus (COVID-19)

	<p>This is the 1st of 3 simple guides.</p>
	<p>It tells you what the signs are that you may have coronavirus or flu.</p>
	<p>The 2nd guide tells you what to do if you think you or someone you support shows these signs.</p>
	<p>The 3rd guide tells you how to look after yourself if you are supporting someone who shows these signs.</p>



Key Signs of COVID-19 and Flu



The COVID-19 and flu viruses can cause:

A High Temperature - usually 38°c or above. This is sometimes called a fever. Many things can cause this but it's usually the body fighting an infection.



Chills -feeling cold for no reason. You can get chills with a fever and they can cause shivering or shaking.



Long Coughing Fits - Coughing clears your airways of things like mucus, dust and smoke.



Loss or change to your sense of smell or taste - things smell or taste differently to normal or the person cannot smell or taste anything.



Short of breath or difficult to breathe



Feeling tired all the time



Other signs:

- Sore throat



- Runny nose



- Headaches



- Skin rash



- Feeling sick



- Diarrhea



This list does not include all the signs of COVID 19 or flu.

Self-isolate for 14 days

I understand



These signs can take up to 14 days to appear from being near someone with COVID-19.



But these signs can also be caused by other illnesses like flu.

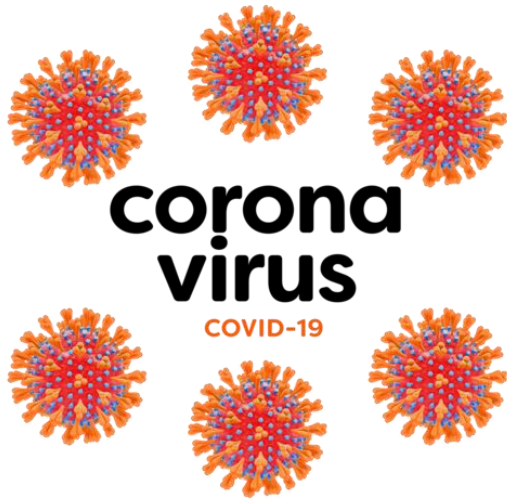


Older people and those with health issues like heart disease, lung disease or diabetes are more likely to become very ill from COVID-19.

But anyone can become ill with it.



2. What is the difference between Flu and COVID-19?



Flu and COVID-19 are caused by different viruses.

Because the signs that you have flu and COVID-19 are similar, it is hard to tell the difference between them.



A test may be needed to be sure if you have COVID-19.



You can call NHS 111 who can help if you have an urgent medical problem.



You can also use the NHS website, your doctor or health centre.



For more information go to:

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