A simple guide to recognising and dealing with corona-virus (COVID19) and Flu like symptoms.

This is the **first** of three simple grab sheets offering a simple guide to recognising and dealing with COVID 19 and flu like symptoms.

Grab sheet 1. Identifies some of the key early symptoms of CV19 and Flu and describes what the main 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 yourself if you are caring for someone who is ill with COVID19 or flu like symptoms.

1. **Key Symptoms of COVID19 and Flu**

The COVID 19 and flu viruses can cause a range of symptoms, including.

- **A High Temperature or Fever** - Normal body temperature is different for everyone and changes during the day however it's typically in the range of 36.5 and 37.5C.

- A high temperature is usually considered to be 38C or above. This is sometimes called a fever. Many things can cause a high temperature, but it's usually caused by the body fighting an infection.

- **Chills -** The term "chills" refers to a feeling of being cold without an apparent cause. You get this feeling when your muscles repeatedly expand and contract and the vessels in your skin constrict. Chills can occur with a fever and cause shivering or shaking.

- **A Persistent Cough** - A cough is a reflex action to clear your airways of mucus and irritants such as dust, smoke or other irritants.
- A "dry cough" means it's tickly and doesn't produce any phlegm (thick mucus). A "chesty cough" means phlegm is produced to help clear your airways.

- **Loss or change to your sense of smell or taste** – this means you or the person has noticed they cannot smell or taste anything, or things smell or taste different to normal

- **Difficulty breathing -** Shortness of breath

- **Fatigue -** Feeling constantly tired

Other symptoms may include

- Sore throat
- Runny nose
- Headaches
- Skin conditions
- Nausea and vomiting
- Diarrhea

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

Symptoms can take up to 14 days to appear from the last contact with the person who has tested positive for COVID19.

The above symptoms can be due to other illnesses including flu.

Older adults and people who have certain underlying conditions like heart, lung disease or diabetes are at increased risk of severe illness from COVID-19 and flu like illness.

Anyone can have mild to severe symptoms.

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

Influenza (Flu) and COVID-19 are both contagious respiratory illnesses, but they are caused by different viruses. COVID-19 is caused by infection with a new coronavirus (called SARS-CoV-2) and flu is caused by infection with influenza viruses. Because some of the symptoms of flu and COVID-19 are similar, it may be hard to tell the difference between them based on symptoms alone, and testing may be needed to help confirm a diagnosis.

You can Call NHS 111 who can help if you have an urgent medical problem and you're not sure what to do or use the nhs.co.uk website, your Doctor or Health Centre.

This is a very basic guide so 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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