



## **A Simple Guide on recognising and dealing with COVID-19 and Flu like symptoms.**

This is the **second** of three 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 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.

**If you believe someone you support or care for has severe symptoms of CV19 flu or another severe illness**

Phone the NHS on 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](https://www.nhs.co.uk) website or your Doctor or Health Centre.

If someone is ill in your home or your place of work with COVID19

- Choose a bedroom for the person who is ill where ideally they should stay: A bedroom with a door if at all possible, and they should be encouraged not to come out of their room except to go to the bathroom. No one else should spend time in that room more than absolutely necessary. Children and pets should stay out. Keep a window open in the room if possible, to keep air circulating. Provide tissues and water.
- If you don't have more than one bedroom, give them the bedroom, and sleep on a temporary bed or other temporary furniture like an inflatable mattress or couch bed so you can still use the living room, kitchen and other spaces while they stay in their room.
- Pick a bathroom for the person who is ill only to use: If you have two bathrooms, make one of them the person's bathroom, and don't let anyone else use it. If you don't have two, clean every surface they touch after every time they go to the bathroom, so it's clean when you or other people you live with need to use it.
- Help the person who is sick track their symptoms: Have them take their temperature several times a day, without getting close to them. Write down the readings, and note when new symptoms occur.
- Some people are using pulse oximeters as a painless and reliable way to measure a person's blood oxygen levels. Although some people with COVID19 do not suffer from a change in oxygen levels and oxygen levels can change due to conditions other than COVID19.
- Help them hydrate: Make sure they're drinking a lot of water and other non-alcoholic clear liquids.
- Ease their symptoms: Help them understand how often they can take medicine to reduce their fever. Make sure the person who is ill understands how much to take. If they have a bad cough, help them understand how much cough medicine to take and when.

- Don't let them take more than the recommended dose of any medicine, or use alcohol when taking a medicine that advises against it. Keep track of what the person has taken and when.
- Make sure they keep taking any other medicines they would usually take, unless their doctor has told them to stop.
- Keep them comfortable and ensure their back is well supported by pillows -so they are sitting relatively upright in bed especially if they are having difficulty breathing.
- Ensure if needed they are entertained, while keeping your distance: Make sure they have blankets and pillows, books, magazines, and perhaps a computer radio or TV to pass the time, and a charger for their phone near their bed, so you don't have to regularly go in and out of the room.
- Help them with food, but keep your distance: Find a tray that you can use to bring them food or drinks when they need it.
- Use specific cups, glasses, knives, forks, plates and dishes specifically for the person who is ill to use
- If they can safely without assistance get out of bed: You could put the food and drinks on the tray, and place it outside their closed door. They can open the door, get the tray, eat in their room, and then put the tray back on the floor outside the door and close it.
- If they can't get out of bed: Wear a mask or cloth over your mouth and nose and if you have it any other PPE you have available when you go in their room, and have them cover theirs too.
- Bring their food and drink to their bedside table, and go back after a while to pick it up again, wearing a mask or cloth again. Wash their dishes thoroughly with hot water and soap. Don't touch your face after handling their dishes, and wash your hands thoroughly after you touch anything they ate or drank from.

- Keep their laundry separate: Bring changes of clothes and pajamas to them if they're not already in the sick room. Get your clothes out of the sick room if they're usually stored there.
- Make sure they have a basket or bag in their room to put clothes, towels, flannels or cloths and bedding in. Have them put it outside their door when it's full, or wear a mask or cloth and other PPI if you have it when you go in to get it. Wash their clothes, towels and bedding separately from anyone else's.
- Go through the entire home and use disinfectant spray or wipes to clean everything the person might have touched when they were in the early stages of getting ill, or when they were contagious before developing symptoms.
- This includes tables, hard-backed chairs, doorknobs, light switches, remote controls, handles on cabinets and refrigerators, desks, toilets, sinks, computer keyboards and mice, tablets, and more. Wash things they wore or used in the days before they were isolated.
- If you have to see someone in person, do it outside the home, preferably outdoors, and stay at least six feet away from them. If they're bringing you something, ask them to put it down and step away so you can pick it up.
- Use technology to connect: It may seem silly to do a video chat with someone in the next room, but it can give the person human contact with you, your children or pets, and others in the home, without spreading the virus. Make sure they can connect virtually with others, too - including relatives, friends, and faith organisations if appropriate. This can ease the loneliness of being ill and stuck in one room.
- Now that you and others in your home have had contact with someone who has or might have COVID-19, you could carry the virus with you to work or into the community or the wider family, even if you don't have symptoms.

If you have a, garden, patio, balcony or porch, spend time there to get outdoors, but stay six feet away from anyone who doesn't live with you.

- Don't be afraid to ask for help or moral support: It's OK to let friends, neighbors and family know that someone you live with is sick, and to seek and accept their help while not letting them near the person. They can bring you shopping from the 'outside world' and leave them on your doorstep. They could even walk the dog as long as you clean the lead before and after.
- After they're better: Someone who has had COVID-19, whether they have been tested or not, should stay home and away from others home for 14 days after that exposure.
- Afterwards you should do a thorough clean of the room the person was staying in including wiping down all hard surfaces, washing, bedding (including blankets) and vacuuming

This is a very basic guide 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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