**Daily Health Check Card:**

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| **Site Name:** |  | | |
| **Name:** |  | | |
| **Job Title** |  | | |
| **Date:** |  | **Signature:** |  |

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| **Do this check to indicate whether you might have the common cold, flu or a virus. Please note that this is only a rough guide to point you into the right direction. Please speak to your doctor or pharmacist if you unsure about your condition.** |

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| Check: **Okay, healthy condition**, **Not Okay – Unwell**, N/A- Not Applicable – Not Sure. | | | | |
| **Area checked:** | **Yes** | **No** | **N/A** | **Comment:** |
| Do you feel unwell? |  |  |  |  |
| Did the symptoms appear abruptly? |  |  |  |  |
| Do you feel tired or listless? |  |  |  |  |
| Do you feel fatigued? |  |  |  |  |
| Do you have muscular aches and pains? |  |  |  |  |
| Do you have a temperature (fever)? |  |  |  |  |
| Do you have a high temperature (with chills)? |  |  |  |  |
| Do you have a dry cough? |  |  |  |  |
| Do you have a sore throat? |  |  |  |  |
| Do you have a blocked nose or nasal discharge? |  |  |  |  |
| Are you sweating and shivering? |  |  |  |  |
| Do you have a headache? |  |  |  |  |
| **Do any of your family members have the flu?** |  |  |  |  |
| **Do any children in the family have flu?** |  |  |  |  |
| **Have you been in contact with anyone with the flu?** |  |  |  |  |
| Are you aware of anyone onsite diagnosed with flu? |  |  |  |  |
| Is your role public-facing (meeting constantly)? |  |  |  |  |
| **Infection Progress – Have you had any symptoms?** |  |  |  |  |
| Do you have warm or flushed skin? |  |  |  |  |
| Do you have bloodshot or watery eyes? |  |  |  |  |
| Do you have a severe cough with phlegm? |  |  |  |  |
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| **Types of Flu and information:** |
| **Seasonal Flu:** Length – around 1 week. Symptoms – head and muscle aches, fever, cough, sore throat and runny nose.  **Coronavirus:** Length around  Flu is a contagious respiratory tract illness caused by the influenza virus.  There are 3 different strains of seasonal flu.  Flu can lead to serious complications including pneumonia.  Unlike a common cold, the effects of a flu virus can come on very quickly.  Flu symptoms usually start within one to four days after the infection.  If you are infected, you may be contagious from one day before symptoms start until 5-7 days after becoming sick.  Flu Viruses can live up to **48 hours** on hard, non-porous surfaces.  The flu virus spreads mainly by droplets from infected people when they cough, sneeze or talk.  You can come into contact with the flu virus through contaminated surfaces or objects (door handles), and then touching you mouth, eyes or nose.  Flu viruses typically last for **one to two weeks**, unless complications develop.  Severe symptoms may subside in two to three days.  You will probably feel weak and fatigued, and have a dry cough for up to 7 days.  Children may continue to be contagious for longer than 7 days.  A serious flu infection may need hospital admission especially in high-risk groups for severe influenza complications (pregnant women, people over 65, people with underlying medical conditions such as kidney or lung disease and diabetes).  If your fever comes with a severe headache, throat swelling, unusual skin rash, mental confusion, and vomiting for more than 3 days, be sure to see a doctor.  **How to prevent flu?** – Exercise – Get vaccinated – wash your hands – eat healthily – get enough vitamin D.  **Treatment for flu?** – Bed rest, plenty of fluids and symptom relief of cough, congestion and fever are advised. Individuals at risk of serious complications or very sick individuals may be prescribed anti-viral medication. |