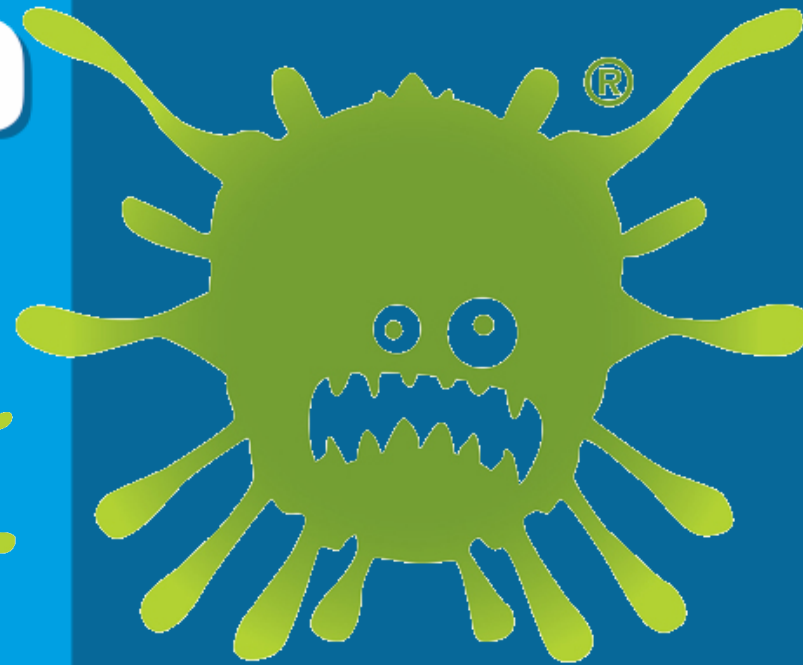
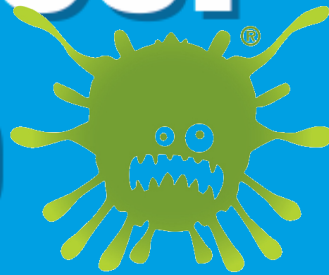


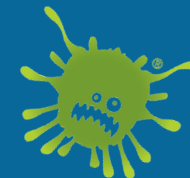
# Chocolates?

# Magazines?

# Grapes?



NHS



Whatever you bring into a care home, make sure it's not **the flu**.

**F**lu is very contagious and can have serious consequences for people who are already poorly; if you have symptoms, please do not visit a care home or other healthcare facilities

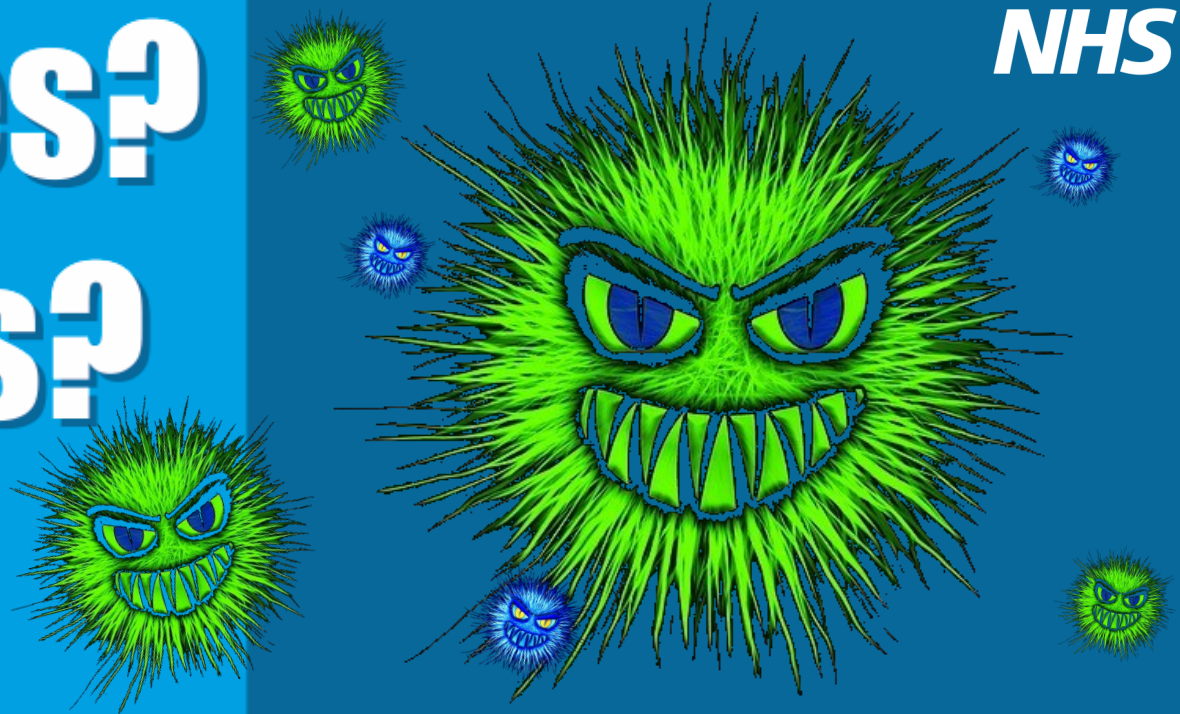
**Y**ou can reduce your risk of catching the flu or spreading it to others by having the flu jab and adopting good hygiene; wash your hands regularly with soap and water, regularly clean surfaces like door handles and telephones and use tissues to cover your mouth when you cough or sneeze

**I**f you have symptoms, there's usually no need to see a doctor. The best remedy is to rest at home, keep warm and drink plenty of water. You can take paracetamol or ibuprofen to lower a temperature and relieve aches and pains



# Chocolates? Magazines? Grapes?

NHS

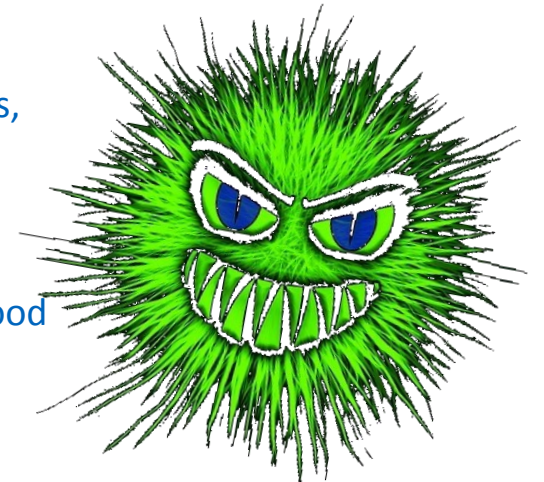


Whatever you bring into a care home, make sure it's not **norovirus, the winter vomiting bug.**

If you've had sickness or diarrhoea in the last 48 hours, please avoid visiting care homes, doctors' surgeries, hospitals and other healthcare facilities if you can

To help reduce the risk of catching the winter vomiting bug, also known as norovirus, always wash your hands with soap and water after using the toilet and before preparing food

If you catch norovirus, stay at home and drink plenty of water. Most people recover in a couple of days. If your symptoms persist, contact NHS 111 for advice



If you work in a care home, you can find out more about norovirus, here: [www.infectionpreventioncontrol.co.uk/resources/viral-gastroenteritis-norovirus/](http://www.infectionpreventioncontrol.co.uk/resources/viral-gastroenteritis-norovirus/)