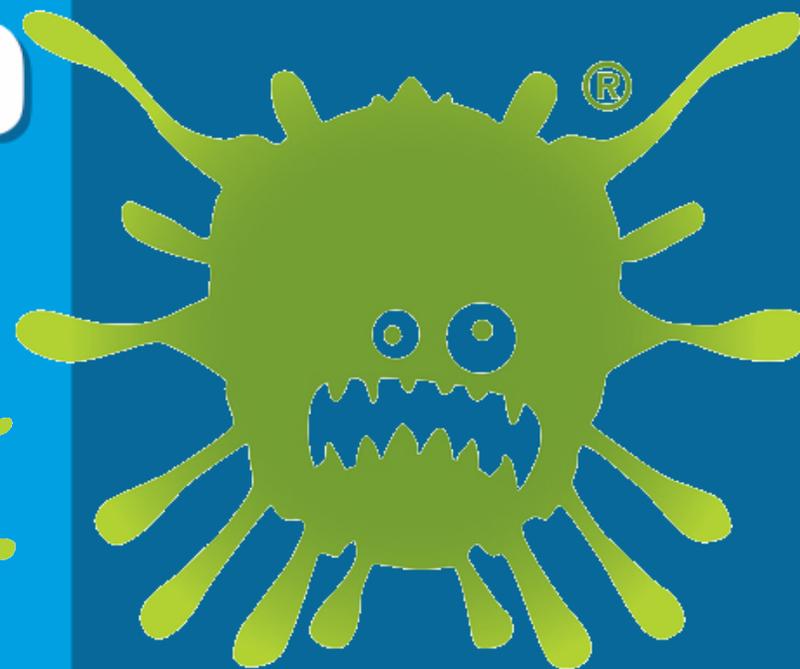
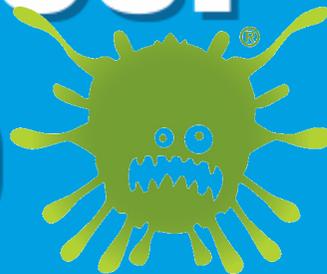


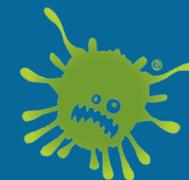
Chocolates?

Magazines?

Grapes?



NHS



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

Flu 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

You 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

If 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

