

Respiratory illnesses can spread easily, so it's important to be aware of symptoms and take steps to reduce the risk of spreading them. Stay safe and prioritise your wellbeing!



High fever



Runny nose



**Headaches** 



Coughing



Muscle and joint pain



breath



Sore throat



**Fatique** 



Loss of taste and smell

**Please note:** This information does not replace the advice of your healthcare provider and is intended for education purposes only. Please consult your doctor should you have any concerns or need more support.



