

CPM-200
Cold & Flu
Catalogue

1



CAF2001



CAF2002



CAF2003



CAF2004



CAF2005



CAF2006



CAF2007



CAF2008

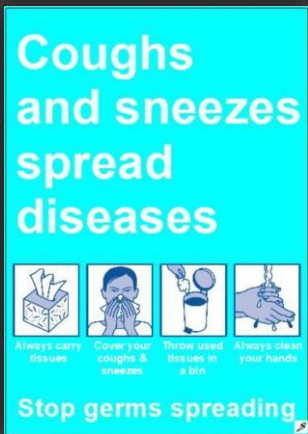


CAF2009



CAF2010

3



CAF2011



CAF2012



CAF2013



CAF2014



CAF2015



CAF2016



CAF2017



CAF2018



CAF2019



CAF2020



CAF2021



CAF2022



CAF2023



CAF2024



CAF2025



CAF2026



CAF2027



CAF2028



CAF2029



CAF2030



CAF2031



CAF2032



CAF2033



CAF2034



CAF2035



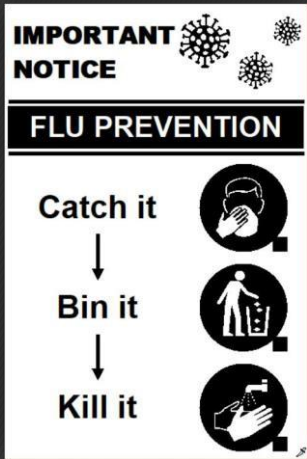
CAF2036



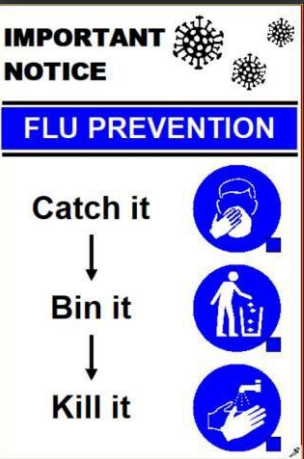
CAF2037



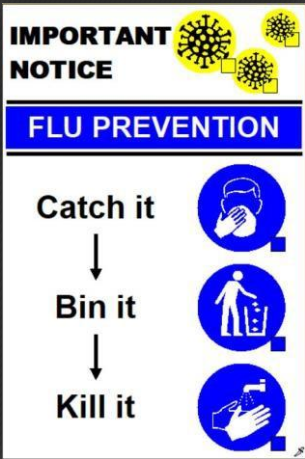
CAF2038



CAF2039



CAF2040



CAF2041



CAF2042



CAF2043



CAF2044



CAF2045



CAF2046



CAF2047



CAF2048



CAF2049



CAF2050



CAF2051

NOTICE

**Please sanitise
and wash hands
regularly**



CAF2052

**Please Cover Mouth & Nose
When You Cough or Sneeze**



CAF2053

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**Please sanitise
area before and
after every use**

CAF2054



**Please sanitise
area before and
after every use**

CAF2055



**Please sanitise
before entering**

CAF2056



**Please use
bins provided**

CAF2057

**PLEASE USE HAND
SANITISER BEFORE
ENTERING**

CAF2058



**Please wash hands
before entering**

CAF2059



CAF2060



CAF2061



CAF2062



CAF2063



CAF2064



CAF2065



CAF2066



CAF2067



CAF2068



CAF2069



CAF2070



CAF2071



10



CAF2072



CAF2073



CAF2074



CAF2075



CAF2076



WASH YOUR HANDS

1. After coughing or sneezing
2. Before and after touching food
3. After using the toilet
4. After being in contact with someone displaying symptoms of illness
5. Before and after going out in public
6. When you enter or leave a building
7. After handling animals or animal waste
8. Before smoking or vaping
9. When your hands are dirty

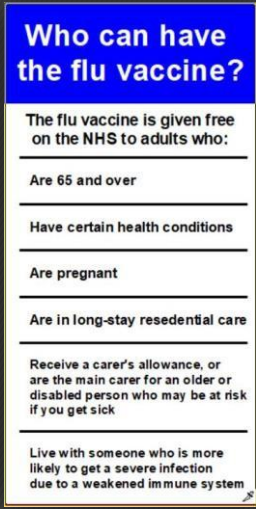
CAF2077



WASH YOUR HANDS

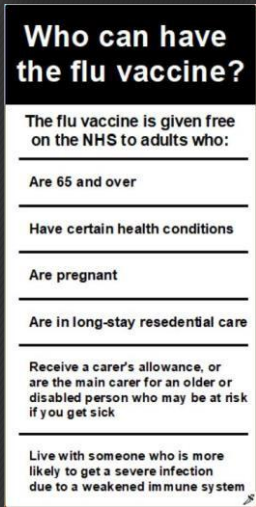
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6. When you enter or leave a building
7. After handling animals or animal waste
8. Before smoking or vaping
9. When your hands are dirty

CAF2078



Who can have the flu vaccine?	
The flu vaccine is given free on the NHS to adults who:	
Are 65 and over	
Have certain health conditions	
Are pregnant	
Are in long-stay residential care	
Receive a carer's allowance, or are the main carer for an older or disabled person who may be at risk if you get sick	
Live with someone who is more likely to get a severe infection due to a weakened immune system	

CAF2079



Who can have the flu vaccine?	
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Have certain health conditions	
Are pregnant	
Are in long-stay residential care	
Receive a carer's allowance, or are the main carer for an older or disabled person who may be at risk if you get sick	
Live with someone who is more likely to get a severe infection due to a weakened immune system	

CAF2080



Avoid touching surfaces and products unless absolutely necessary

CAF2081



No access Cleaning in progress

CAF2082



Do not share equipment

CAF2083



Do not share workspaces

CAF2084



HAND WASH STATION

CAF2085



CAF2086



CAF2087



CAF2088

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CAF2089



CAF2090



CAF2091



CAF2092



CAF2093



CAF2094

Cold or flu?	
Cold and flu symptoms are similar, but flu tends to be more severe.	
Cold	Appears gradually Affects mainly your nose and throat Makes you feel unwell, but you still feel well enough to do your normal activities
Flu	Appears quickly within a few hours Affects more than just your nose and throat Makes you feel exhausted and too unwell to carry on as normal

CAF2095

Cold and flu symptoms are similar, but flu tends to be more severe.

Appears gradually

Affects mainly your nose and throat

Makes you feel unwell, but you still feel well enough to do your normal activities

Appears quickly within a few hours

Affects more than just your nose and throat

Makes you feel exhausted and too unwell to carry on as normal



**Sanitise
controls before
and after use**



**Sanitise controls
before and
after use**

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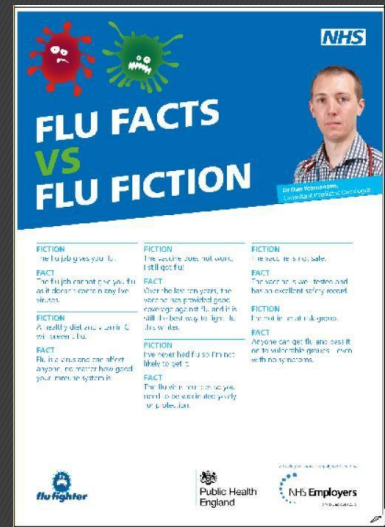
CAF2098



**Sanitise handle
before and
after use**



**Sanitise handle
before and
after use**



CAF2101

Recognising Coronavirus (COVID-19) Symptoms

Symptoms	Covid-19 Symptoms range from mild to severe	Flu Rapid onset of symptoms	Cold Gradual onset of symptoms
Fever (37.9C or above)	Common	Common	Rare
Fatigue	Sometimes	Common	Sometimes
Cough	Common (usually dry)	Common (usually dry)	Mild
Sneezing	No	No	Common
Aches and pains	Sometimes	Common	Common
Runny or stuffy nose	Rare	Sometimes	Common
Sore throat	Sometimes	Sometimes	Common
Diarrhea	Rare	Sometimes (for children)	No
Headaches	Sometimes	Common	Rare
Shortness of breath	Sometimes	No	No
Loss of taste or smell	Common	No	Sometimes

Symptoms	Covid-19 (usually more severe than flu and common)	Flu (usually more severe than covid)	Cold (usually milder than flu and common)
 Fever (37.8C or above)	Common	Common	Rare
 Fatigue	Sometimes	Common	Sometimes
 Cough	Common (usually dry)	Common (usually dry)	Mild
 Sneezing	No	No	Common
 Aches and pains	Sometimes	Common	Common
 Runny or stuffy nose	Rare	Sometimes	Common
 Sore throat	Sometimes	Sometimes	Common
 Diarrhea	Rare	Sometimes (for children)	No
 Headaches	Sometimes	Common	Rare
 Shortness of breath	Sometimes	No	No
 Loss of taste or smell	Common	No	Sometimes

CAF2103