

# COVID-19

## Recognizing Early Symptoms in Elders



### Team Huddles

- Quick touch points throughout the shift for care teams.
- Are all healthcare staff informed and included in client care?
- Are staff experiencing symptoms?



### Important Observations

Observe your client in three main ways:

- Behaviour
- Head-to-Toe
- Sudden Change

The symptoms below can be the first to appear in people over 65.

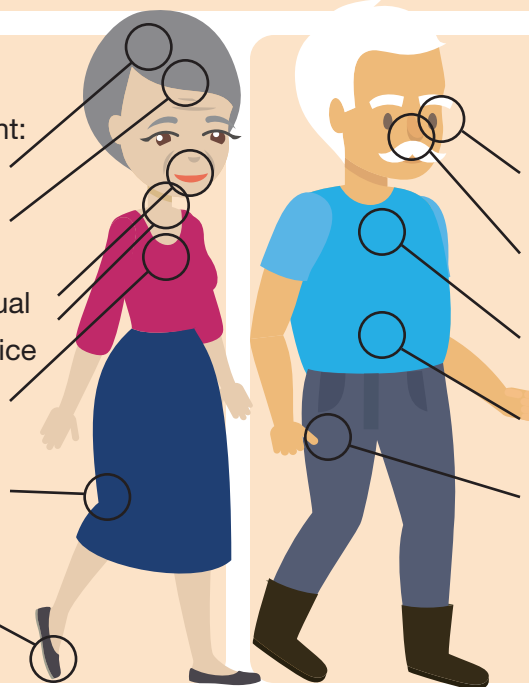
### Behaviour

- Has the client's behaviour changed from usual, from previous shift or previous day?
- Is the client more unsettled?
- Is the client expressing new onset hallucinations or delusions?
- Is the client wandering more than usual?

### Head-to-Toe

Look for these signs in your client:

- Has a headache
- Feels warmer than usual; has chills or muscle aches
- Is eating/drinking less than usual
- Has a sore throat or hoarse voice
- Has new shortness of breath or difficulty breathing
- Moves less well than usual or requires more help with care
- Is weaker, more unstable on their feet or falls more frequently.



### Sudden Change

Look for these signs in your client:

- Appears sleepy or to have less energy than usual
- An eye infection, runny nose or no sense of smell
- Increased sputum or a new/changed cough
- Complaints of nausea, vomiting or abdominal pain
- Unexplained diarrhea.



### How to Report

- Report any symptoms from above or any other changes to a client's "normal" to a regulated healthcare provider.
- Follow continuous masking in all patient care areas and for all client interactions.
- Follow up with the site leader and client's most responsible healthcare provider (i.e., physician, nurse practitioner).