

COVID-19 Symptoms Quick-Check

Recognising Subtle or Early Signs of Illness in Older Adults

This simple checklist can be used by anyone supporting older people, whether at home, in a retirement community, or during recovery from illness. It helps identify early signs of COVID-19 and other respiratory infections, which can be easily missed in older adults.



Daily Resident Observation Checklist

☐ **Sudden change in behaviour or confusion**

- May appear withdrawn, disoriented, or agitated without obvious cause
- Especially relevant for residents with dementia or cognitive decline

☐ **Decreased mobility or slower gait**

- Walking less, showing new shuffling or balance issues

☐ **Reduced appetite or fluid intake**

- Not finishing meals, refusing drinks, or appearing lethargic at mealtimes

☐ **Slight elevation in temperature**

- Even a mild fever (37.5°C or above) should be noted
- Some residents may not spike fever at all

☐ **Lower oxygen saturation (SpO₂)**

- A drop of 2–3% from baseline may indicate respiratory compromise
- Monitor using pulse oximeter or digital wearable, if available

☐ **Shortness of breath or shallow breathing**

- Listen for increased breathing rate, visible chest effort, or fatigue while talking

☐ **Persistent fatigue or excessive sleeping**

- New-onset or worsening tiredness, sleeping through meals or activities

☐ **Cough, sore throat, or nasal congestion**

- These may still occur, but often present later or more mildly in the elderly

☐ **Known contact or recent visitor with respiratory symptoms**

- Even mild exposure should trigger increased monitoring

What to Do If One or More Items Are Ticked:



Flag for clinical review immediately



Perform a COVID-19 test (RAT or PCR) if symptoms or exposure risk is present



Offer fluids and ensure nutrition needs are being met



Consider escalation to nurse, GP, or outbreak protocol as needed



Increase monitoring frequency for 48–72 hours, even if symptoms seem mild

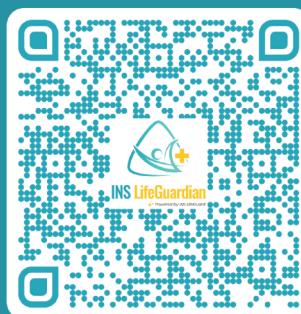
This checklist is supported by INS LifeGuard, nurse-monitored personal and medical alarms designed to support both individuals and their carers.



INS LifeGuardian

Powered by INS LifeGuard

- Turns your mobile into a 24/7 emergency and health monitoring device
- Continuous tracking via Apple Watch or compatible wearables
- Alerts for abnormal vital signs and gait changes
- 24/7 nurse triage and escalation support



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