

Coronavirus Update – 13.03.2020
(Information taken from NHS 111 Online Service)

From today the public are being advised to stay at home (self-isolate) without any testing of COVID-19, regardless of travel history or contact with confirmed cases if they have:

- new continuous cough and/or
- high temperature (of 37.8 degrees centigrade or higher)

For most people, coronavirus (COVID-19) will be a mild infection.

Key messages

- if you have symptoms of coronavirus infection (COVID-19), however mild, stay at home and do not leave your house for 7 days from when your symptoms started

Do not go to a GP surgery, pharmacy or hospital

How to look after your symptoms at home

- rest and drink plenty of fluids
- take paracetamol or ibuprofen
- cover the mouth with a tissue when coughing or sneezing
- put used tissues in a bin
- wash your hands regularly with warm water and soap for at least 20 seconds

Use the NHS 111 online coronavirus service if:

- you feel you cannot cope with your symptoms at home
- your condition gets worse
- your symptoms do not get better after 7 days

When to end your stay at home

You should remain at home until 7 days after your symptoms started.

After 7 days, if you feel better and no longer have a high temperature, you can go back to doing what you would normally do.

The cough may go on for some weeks in some people, even though the coronavirus infection has cleared. A cough by itself does not mean you have to stay at home for more than 7 days.

If you do not get better after 7 days use the 111 online assessment service again before you leave your home or let visitors in.