

## Coronavirus: NHS Advice

### Coronavirus (Covid-19)

**COVID-19 is a new illness that can affect your lungs and airways. It's caused by a virus called coronavirus**

#### STAY AT HOME IF YOU HAVE CORONAVIRUS SYMPTOMS

**Do not leave your home if you have either:**

- **a high temperature – this means you feel hot to touch on your chest or back (you do not need to measure your temperature)**
- **a new, continuous cough – this means coughing a lot for more than an hour, or 3 or more coughing episodes in 24 hours (if you usually have a cough, it may be worse than usual)**

#### **Call 111 if:**

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

**Do not attend the Emergency Department** unless you have difficulty breathing with minimal exertion or become very unwell.

#### **If you do become unwell**

Limit contact with others as much as possible. You should absolutely avoid pregnant people, children or anyone with a long term condition and should not attend work, school or university and should avoid travelling on public transport

## [Coronavirus: NHS Advice – Staying at home](#)

### **Who this guidance is for**

This advice is intended for people with symptoms of coronavirus (Covid-19), including those with a diagnosis of coronavirus (Covid-19) infection, who must remain at home until they are well.

### **Self-isolation helps stop coronavirus spreading**

Do not leave your home if you have symptoms of coronavirus (Covid-19) or live with someone who does.

This is called self-isolation.

If you are self-isolating, you must:

- not leave your home for any reason, other than to exercise once a day – but stay at least 2 metres (3 steps) away from other people
- not go out to buy food or collect medicine – order them by phone or online, or ask someone else to drop them off at your home
- not have visitors, such as friends and family, in your home

You can use your garden, if you have one.

### **How long to self-isolate**

#### **If you have symptoms**

If you have symptoms of coronavirus, you'll need to self-isolate for 7 days.

After 7 days:

- if you do not have a high temperature, you do not need to self-isolate
- if you still have a high temperature, keep self-isolating until your temperature returns to normal
- You do not need to self-isolate if you just have a cough after 7 days. A cough can last for several weeks after the infection has gone.

## [Coronavirus: NHS Advice – Staying at home](#)

### **If you live with someone who has symptoms**

If you live with someone who has symptoms, you'll need to self-isolate for 14 days from the day their symptoms started. This is because it can take 14 days for symptoms to appear.

If more than 1 person at home has symptoms, self-isolate for 14 days from the day the first person started having symptoms.

If you get symptoms, self-isolate for 7 days from when your symptoms start, even if it means you're self-isolating for longer than 14 days.

If you do not get symptoms, you can stop self-isolating after 14 days.

### **If you have symptoms and live with a vulnerable person**

If you live with someone who is 70 or over, has a long-term condition, is pregnant or has a weakened immune system, try to arrange for them to stay with friends or family for 14 days.

If you have to stay at home together, try to keep away from each other as much as possible.

#### **✓ DO**

- ✓ try to keep 2 metres (3 steps) away from each other
- ✓ avoid using shared spaces, such as kitchens or bathrooms, at the same time as each other
- ✓ open windows in shared spaces if you can
- ✓ clean a shared bathroom each time you use it, for example by wiping the surfaces you have touched
- ✓ use a dishwasher if you have one – if you do not have one, use washing-up liquid and warm water and dry everything thoroughly

#### **× DO NOT**

- × share a bed, if possible
- × share towels, including hand towels and tea towels

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### [Reducing the spread of infection in your home](#)

While you're self-isolating, you should:

- wash your hands with soap and water often, for at least 20 seconds
- use hand sanitiser gel if soap and water are not available
- cover your mouth and nose with a tissue or your sleeve (not your hands) when you cough or sneeze
- put used tissues in the bin straight away and wash your hands afterwards
- clean objects and surfaces you touch often (like door handles, kettles and phones) using your regular cleaning products

### [How to do your cleaning and laundry](#)

- Use your usual household products, such as detergents and bleach, when you clean your home.
- Put used tissues and disposable cleaning cloths in rubbish bags. Then put the bag into a second bag and tie it securely. Wait 3 days before putting it in your outside bin.
- Dispose of other household waste as normal.
- Wash your laundry in the washing machine in the usual way. Laundry that has been in contact with an ill person can be washed with other people's items. Do not shake dirty laundry, as this may spread the virus in the air.
- If you do not have a washing machine, wait for 3 days after your stay at home has ended before taking your laundry to a launderette.

### [Looking after your health and wellbeing](#)

To help yourself stay well while you're at home:

- drink plenty of water to stay hydrated – drink enough so your pee is pale and clear
- take paracetamol to help ease your symptoms
- stay in touch with family and friends over the phone or on social media, to help you avoid feeling low or lonely
- try to keep yourself busy – you could try activities like cooking, reading, online learning and watching films
- do light exercise, if you feel well enough