PLEASE HELP PREVENT THE CORONAVIRUS

NHS ADVICE: Stay at home if you have coronavirus symptoms

Stay at home if you have either:
- a high temperature – you feel hot to touch on your chest or back
- a new, continuous cough – this means you've started coughing repeatedly

Do not go to a GP surgery, pharmacy or hospital.

You do not need to contact 111 to tell them you're staying at home.

Testing for coronavirus is not needed if you're staying at home.

How long to stay at home
- if you have symptoms, stay at home for 7 days:
  - if you live with other people, they should stay at home for 14 days from the day the first person got symptoms
  - 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 find somewhere else for them to stay for 14 days.
  - If you have to stay at home together, try to keep away from each other as much as possible.

Urgent advice: Use the NHS 111 <u>online</u> 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

Only call 111 if you cannot get help online.