

Coronavirus (COVID-19)

Information re isolation:

Stay at home guidance for people with symptoms, or household contacts



Symptoms

The most common symptoms of coronavirus (COVID-19) are recent onset of:

- new continuous cough and/or
- high temperature (above 37.8)

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

Main messages

- if you live alone and you have symptoms of coronavirus illness, however mild, stay at home for **7 days** from when your symptoms started
- if you live with others and you are the first in the household to have symptoms of coronavirus, then then you must stay at home for **7 days**, but all other household members who remain well must stay at home and not leave the house for **14 days**. The 14-day period starts from the day when the first person in the house became ill.
- for anyone else in the household who starts displaying symptoms, they need to stay at home for **7 days from when the symptoms appeared**, regardless of what day they are on in the original 14 day isolation period
- it is likely that people living within a household will infect each other or be infected already. Staying at home for 14 days will greatly reduce the overall amount of infection the household could pass on to others in the community
- if you can, move any vulnerable individuals (such as the elderly and those with underlying health conditions) out of your home, to stay with friends or family for the duration of the home isolation period
- if you cannot move vulnerable people out of your home, stay away from them as much as possible
- if you have coronavirus symptoms:
 - **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
- plan ahead and ask others for help to ensure that you can successfully stay at home and consider what can be done for vulnerable people in the household
- ask your employer, friends and family to help you to get the things you need to stay at home
- wash your hands regularly for 20 seconds, each time using soap and water, or use hand sanitiser
- if you feel you cannot cope with your symptoms at home, or your condition gets worse, or your symptoms do not get better after 7 days, then use the [NHS 111 online](#) coronavirus service. If you do not have internet access, call NHS 111. For a medical

Stay at home advice

- You and all household members should remain at home. Do **not** go to work, school, or public areas, and do **not** use public transport or taxis.
- If possible, you should not go out even to buy food or other essentials, other than exercise, and in that case at a safe distance from others. The 14-day period starts from the day the first person in your house became ill.
- If you require help with buying groceries, other shopping or picking up medication, or walking a dog, you will need to ask friends or relatives. Alternatively, you can order medication by phone or online. You can also order your shopping online. Make sure you tell delivery drivers to leave items outside for collection if you order online. The delivery driver should not come into your home.

What you can do to help yourself get better

- Drink water to keep yourself hydrated; you should drink enough during the day so your urine (pee) is a pale clear colour. You can use over-the-counter medications, such as paracetamol (avoid ibuprofen), to help with some of your symptoms. Use these according to the instructions on the packet or label and do not exceed the recommended dose.

If you or your family need to seek medical advice

- Seek prompt medical attention if your illness or the illness in any household members is worsening. If it's not an emergency, contact NHS 111 online at 111.nhs.uk. If you have no internet access, you should call NHS 111. If it is an emergency and you need to call an ambulance, dial 999 and inform the call handler or operator that you or your relative have coronavirus symptoms.
- All routine medical and dental appointments should usually be cancelled whilst you and the family are staying at home. If you are concerned or have been asked to attend in person within the period you are home isolating, discuss this with your medical contact first (for example, your GP, local hospital or outpatient service), using the number they have provided. If your concerns are related to your coronavirus symptoms contact [NHS 111 online](https://111.nhs.uk). If you have no internet access, you should call NHS 111.

Do not have visitors in your home

Wash your hands often

For further information:

www.111.nhs.uk/covid-19

www.england.nhs.uk/coronavirus/