



What if I, or someone I live with, feels ill?



If you have a symptom of corona-virus, which are -



- A high fever (over 37.8°C) or,



- A new cough, that does not stop



and you live alone, stay at home for 7 days



If you share your home everyone needs to stay at home for 14 days



Try to keep away from each other as much as possible



Do not go to your GP or the hospital



This may just be ordinary flu.



Only call NHS 111 if -



- You feel you cannot cope with your symptoms at home



- You get worse



- If any of you do not get better after 7 days



Also check out our tips for staying at home page

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