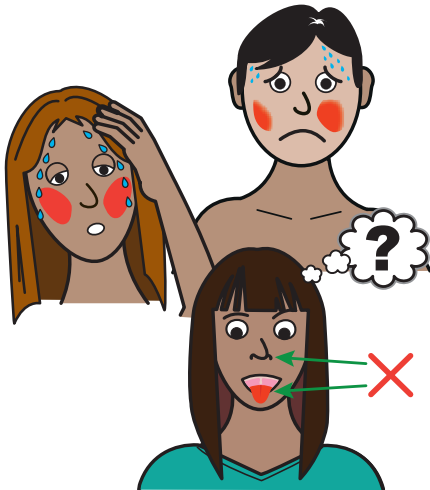
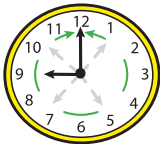


## Symptoms and what to do Coronavirus COVID-19



- A high temperature.
- **Feel hot** to touch on your chest or back.
- A **loss or change** in what you can normally **smell or taste**.

24 hours



- A new **continuous cough**.  
This means **coughing** a lot for more than one hour or 3 or more coughs in a day.  
If you usually have a cough then this might be worse at this time.

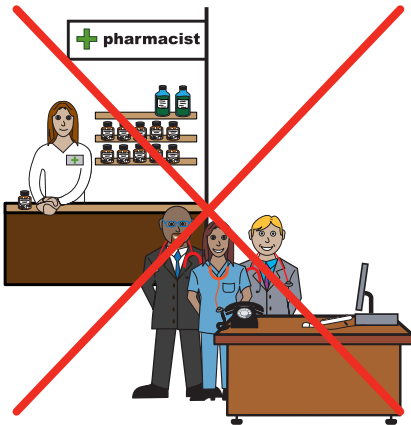


**Stay home for at least 7 days** or until the signs of being poorly have gone.



People who live with you need to **stay at home for 14 days**.

# Symptoms and what to do Coronavirus (COVID-19)



Do not visit your Doctors, or Pharmacy or Hospital.

You can still contact your GP if needed.



If you need more **help** try this **website**.

<https://111.nhs.uk/covid-19/>



If you need more **help** then **call 111**.



If it is an **emergency** phone **999**.