What is coronavirus (COVID-19)?

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

Symptoms

- A high temperature (>38°C)
- A new, continuous cough
- A loss of, or change in, your sense of taste or smell

What to do if you have symptoms?

YOU MUST FOLLOW THESE STEPS AS SOON AS POSSIBLE:

1. SELF-ISOLATE
   - Stay at home for at least 10 DAYS
   - Anyone else in your household or who had close contact with you must self-isolate for 10 DAYS

2. GET TESTED within the first 5 days of having symptoms

   YOU CAN EITHER:
   - Get the test delivered to where you live
   - Or you can go to a test site

GET TESTED FOR CORONAVIRUS

To book a test or to order it online, visit www.nhs.uk/ask-for-a-coronavirus-test

If you do not have online access, call 119 (or 0800 028 2816 in Scotland)

If the test result is:

**POSITIVE**
- You must complete the remainder of your self-isolation
- The tracing service in your area will contact you asking for your help to stop further spread of the virus

**NEGATIVE**
- You can stop self-isolating if you are feeling well and do not have symptoms anymore
- Other members of your household or who have close contact with you can also stop self-isolating