WHAT TO DO IF YOU HAVE SYMPTOMS

- Self Isolate: stay at home for at least **10 DAYS**
- Anyone else in your household or who has had contact with you must self-isolate for **10 DAYS**
- 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 **10 DAYS**

GET TESTED WITHIN 5 DAYS OF HAVING SYMPTOMS

TO BOOK A TEST

- **Visit** https://www.nhs.uk/ask-for-a-coronavirus-test
- **If you do not have online access**
  - CALL 119
  - or CALL 0800 028 2816 in Scotland

You would need to give your contact details and have a functional mobile phone to receive test results as a text message

ISOLATION GUIDANCE

- Do not go to work, school, GP surgeries, pharmacy or hospital
- Avoid close contact with other people
- Wash your hands regularly
- Take paracetamol to help with your symptoms
- Drink lots of water
- Sleep alone, if possible
- Have food and medication delivered to you
- Use separate facilities, or clean between use

WHEN TO CONTACT NHS 111?

**THIS IS A FREE NUMBER TO CALL**

- You **feel so ill** that you can’t do anything you usually would
- You **feel you cannot cope** with your symptoms at home
- Your condition **gets worse**

You can get an interpreter in your language by repeatedly answering “yes” to all questions