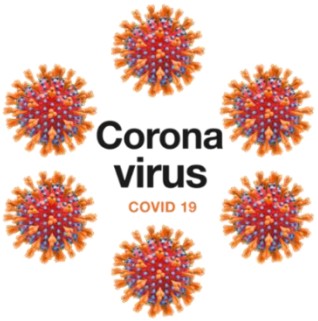
Public Health England

Protecting and improving the nation's health

Coronavirus (COVID-19)

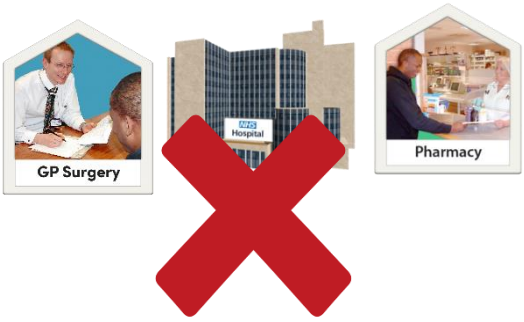
Stay at home: what to do if you or someone you share your home with has coronavirus symptoms

June 2020

	COVID-19 is a new illness. Lots of people call it coronavirus. It can affect your lungs and your breathing.
	Symptoms of coronavirus are: • a high temperature • a new cough where you keep on coughing – this means coughing a lot for more than an hour, or 3 or more episodes of coughing in a day • losing or there being a change to your sense of smell or taste

What to do if you or someone you share your home with has coronavirus symptoms

If you have any coronavirus symptoms, you should stay at home for 7 days.



Do not go to a GP surgery, pharmacy or hospital unless it is an emergency.

In an emergency dial 999.

Book a test as soon as possible.

To do this visit the NHS website or call 119.

If you can, tell the people you have been close to over the past 2 days that you have coronavirus symptoms.

1 metre (3 feet)

‘Being close to’ could mean:

Being face to face with someone who is closer than 1 metre (3 feet) from you for any length of time.

This includes things like:

- talking to someone

- coughing on someone

2 metres (6 feet)

Being within 1 to 2 metres (3 - 6) feet) of someone for more than 15 minutes.

This includes things like:

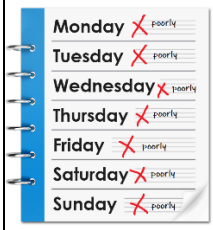
- being in a car with them

- spending time at home with them doing things like cleaning

What will happen and what to do if your test shows you have coronavirus

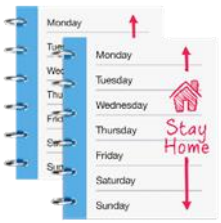
If your test shows you have coronavirus, you will be contacted by text, email or phone and will be asked to provide information about the people you have been close to recently.

After 7 days, if you still have a high temperature, you must stay home and away from people until you feel better.

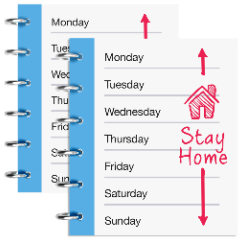


After 7 days, if you only have a cough and/or loss of sense of taste or smell you don’t have to stay home and away from people any more.

Everyone else you share your house with must still stay home because they might have caught the virus but not be showing symptoms yet.



They must stay at home for 14 days from the first day you felt poorly even if they feel well.



If someone you share your home with has signs of coronavirus, you should stay at home for 14 days.

This is whether you have coronavirus symptoms or not.

If you then start to have coronavirus symptoms yourself, you should stay at home and not meet up with other people for 7 days from when your symptoms started.

Everyone should wash their hands for at least 20 seconds.

✔ do this lots of times during the day

✔ use soap and water or hand sanitiser (gel)

✔ Always cough and sneeze into a tissue.

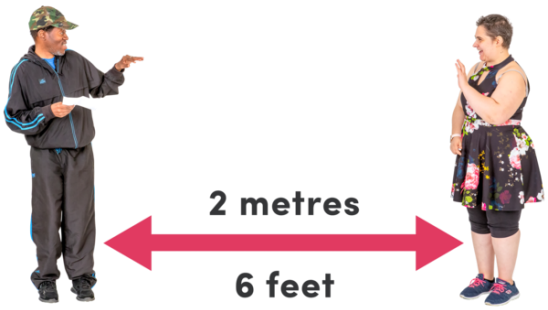
✔ Then throw the tissue away and wash your hands.

If you have coronavirus symptoms and live with somebody who is more likely to be very poorly from coronavirus

If you need to stay at home and you share your home with:

- someone who is aged 70 or older
- an adult under 70 who is told to get the flu jab for health reasons
- someone who is pregnant
- someone who is very overweight

they should go and stay somewhere else if possible. This is because they are more likely to be very poorly from coronavirus. Click here to read a full list of people more likely to get very poorly.



If that is not possible you should stay at least 2 metres (3 steps) away from them as much as you can.

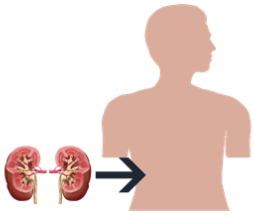
Think about wearing a face covering when you are in the same room as them.
You can find out how to make and use a face covering by clicking here.

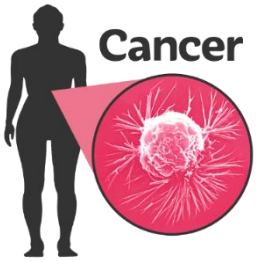
People who are most likely to be very poorly from coronavirus

A small number of people are most likely to be very poorly if they catch coronavirus.

They need to do extra things to stop themselves getting coronavirus. They should follow shielding guidance for people most likely to be very poorly.

Who are most likely to get very poorly from coronavirus?





All people who:

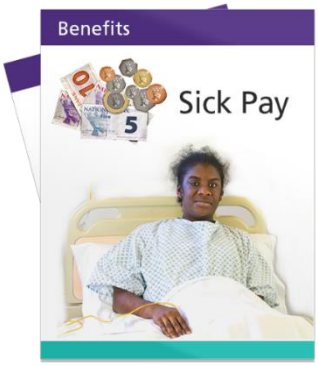
- have had transplants – like kidney or liver transplants
- are having treatments for some cancers
- have long-term lung disease
- were born with conditions that make the body, blood and cells work differently – which might mean they are more likely to get infections

	• taking drugs that reduce the body's responses for fighting infections • are pregnant with significant heart disease
Other things everyone should do to try to stop the virus spreading	
	There are things everyone should do to try to stop the virus spreading:
	Use a different bathroom if possible. If you use the same bathroom clean it each time after you use it. Wipe all surfaces you have touched using strong household cleaner (disinfectant).

	Use different towels.
	Do not share a bed, if possible.
	Do not use the kitchen at the same time.
	Clean surfaces that you often touch several times a day such as: • door handles • handrails • remote controls • table tops Use household cleaner (detergent).

	Use a dishwasher. If this is not possible, wash and dry each person's things separately. Use a different sponge and tea towels for each person.
	Do not shake dirty washing before putting it in the washing machine. If you do not have a washing machine, wait 3 days after your staying-at-home period ends before taking it to be washed.
	Put rubbish such as tissues and disposable wiping cloths into rubbish bags that are tied shut. Then put these bags inside a second bag. You should wait 3 days before you put them outside for the rubbish collection.

	While you are staying at home arrange for food and medication to be delivered. Tell people delivering things to your home to leave them outside and let you know they are there. They must not come into your home.
	While you are staying at home do not use public transport or taxis.
	While you are staying at home do not allow social visits from friends and family. Use the phone and social media to keep in touch.
	Essential carers can continue to visit.

Working and getting paid	
	Work from home if you can.
 	If you cannot work from home, you do not need a note from your doctor to say you cannot work, but you should let your boss know that you need to stay at home. If your boss asks you for proof that you need to stay at home, you can get a certificate to say you are staying at home from NHS 111 online.
 	Check with your boss if you will be paid while you are staying at home. If you are self-employed you can apply for universal credit (benefits). If no-one in your family who lives with you is getting sick pay while staying at home, you can apply for universal credit (benefits).

The pictures in this summary are from Photosymbols: www.photosymbols.com/ and www.nsu.govt.nz/pregnancy-newborn-screening/newborn-metabolic-screening-programme-heel-prick-test

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