

CORONAVIRUS GUIDANCE

Advice for people who think
they may have coronavirus

1 | Do **NOT** go to a GP surgery,
pharmacy or hospital



2 | If you've developed a cough or fever in
the last 7 days, **stay at home for 7 days**
from the day your symptoms started.



3 | Phone your GP or
NHS 24 (111) if your symptoms:

- are severe or you have shortness of breath or difficulty breathing
- worsen within the 7 days you're at home
- haven't improved after 7 days



**NO LIFE
HALF LIVED**