

CORONAVIRUS SYMPTOMS: WHAT DO I NEED TO DO?

If you have a high temperature or a new, continuous cough



Self-isolate and do not leave home at all for 7 days

Phone your GP or 111 if:

- your symptoms are severe
- you are short of breath or finding it difficult to breath
- your symptoms get worse
- you are not better after 7 days

Do not go to your GP, pharmacy or hospital.

Call 999 if the person is not conscious and alert or is not responding to you normally. Tell them the person has coronavirus symptoms.

If anyone you live with has a high temperature or a new, continuous cough



You all need to self-isolate and do not leave home at all for 14 days

Try to stay at least 2 metres or 3 steps away from each other.

If someone in the household is over 70, pregnant or has a long-term or underlying health condition, if possible, find somewhere else for them to stay for the 14 days.

For more information go to www.nhsinform.scot/coronavirus and click on **Coronavirus (COVID-19): Check your symptoms**.

REDUCE YOUR RISK OF CATCHING OR SPREADING CORONAVIRUS

- ✓ Wash your hands with soap and water often, for at least 20 seconds
- ✓ Use hand sanitiser gel if you don't have soap and water
- ✓ Cover your mouth and nose with a tissue or your sleeve (not your hands) when you cough or sneeze
- ✗ Do not touch your eyes, nose or mouth
- ✗ Avoid close contact with others
- ✗ Avoid social activities and groups of people



Support and information

www.nhsinform.scot/coronavirus
NHS coronavirus helpline:
0800 028 2816

Chest Heart & Stroke Scotland
Advice Line nurses
Call: 0808 801 0899
Email: adviceline@chss.org.uk
Text: NURSE to 66777

www.chss.org.uk/coronavirus