

COMMON CORONAVIRUS SYMPTOMS

What does a 'new, continuous cough' and 'high temperature or fever' mean and how do I look after myself if I have them?

Chest
Heart &
Stroke
Scotland



A NEW CONTINUOUS COUGH

A NEW CONTINUOUS COUGH MEANS:

- you are coughing a lot for more than 1 hour



OR

- you have been coughing a lot 3 or more times in 24 hours
- if you normally have a cough, it may be worse than usual.



The coronavirus cough is a dry cough. This means it does not produce any phlegm or mucus (so you do not cough anything up like you would with a chesty cough).

If you have a chest condition you may already cough. If you have symptoms of coronavirus, you may have a cough that is different from your normal cough, or your normal cough may feel worse than usual.

WHAT TO DO:

- rest
- drink lots of fluids (avoid alcohol and caffeine)
- take paracetamol if you have it (unless you are allergic or have been told by your doctor not to).



A HIGH TEMPERATURE OR FEVER

A high temperature or fever is a normal way for your body to fight infection.

This is because the increase in body temperature makes it harder for viruses and bacteria to survive.



HAVING A HIGH TEMPERATURE OR FEVER CAN MEAN:

- your head, chest, neck or back feels hot when you touch it
- you might feel sweaty
- you might feel tired or exhausted
- you might feel warm, cold or shivery
- you might have a headache or a sore throat
- you might feel achy.

You do not need to take your temperature to know you have a fever.

If you do have a thermometer however, a fever is when your temperature is 37.8C or higher.

+37.8C



WHAT TO DO:

- rest
- wear loose, comfortable clothes
- place a cold, damp cloth on your forehead or the back of your neck when you are resting
- make sure your room is not too hot (but do not try to make yourself feel cold)
- drink lots of fluids (avoid alcohol and caffeine)
- take paracetamol if you have it (unless you are allergic or have been told by your doctor not to).

A THIRD COMMON SYMPTOM OF CORONAVIRUS IS A LOSS OF, OR CHANGE IN, SENSE OF SMELL OR TASTE (ANOSMIA).



IF YOU HAVE ANY OF THE SYMPTOMS LISTED, YOU NEED TO SELF-ISOLATE AND NOT GO OUT AT ALL FOR 7 DAYS. EVERYONE YOU LIVE WITH MUST SELF-ISOLATE AND NOT GO OUT AT ALL FOR 14 DAYS.



WHAT TO DO IF YOUR SYMPTOMS GET WORSE OR DO NOT GET BETTER AFTER 7 DAYS

Call 111 if:

- your symptoms are severe
- you are short of breath or finding it difficult to breathe
- your symptoms get worse within 7 days
- your symptoms have not improved after 7 days.



For the latest information and advice about coronavirus, visit the NHS Inform website:
www.nhsinform.scot/coronavirus.

For free, confidential information and support on your condition and how coronavirus might affect you, call our Advice Line nurses on **0808 801 0899**, email adviceline@chss.org.uk or text NURSE to **66777**.

www.chss.org.uk



**NO LIFE
HALF LIVED**