

# CORONAVIRUS SYMPTOMS: WHAT DO I NEED TO DO?

If you have a high temperature or a new, continuous cough or a loss of sense of smell or taste



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

Phone 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 or a loss of sense of smell or taste



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](https://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
- ✓ Stay 2m away from anyone who is not from your household
- ✓ Work from home where possible



### Support and information

[www.nhsinform.scot/coronavirus](https://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](mailto:adviceline@chss.org.uk)

Text: NURSE to 66777

[www.chss.org.uk/coronavirus](https://www.chss.org.uk/coronavirus)