



## Coronavirus (Covid19) Guidance – English

If you have:

- a new continuous cough or
- a high temperature (37.8 degrees or higher)

you should stay at home for 7 days.

### Advice about staying at home

- Do not go to work, school, GP surgeries, pharmacy or hospital
- Use separate facilities, or clean between use
- Avoid close contact with other people
- Have food & medication delivered to you
- Do not have visitors
- Keep away from pets

### When should I contact NHS 111?

- you feel you cannot cope with your symptoms at home
- your condition gets worse
- your symptoms do not get better after 7 days

### How do I contact NHS 111?

You can use the [NHS 111 online coronavirus service](#) to find out what to do next. If you cannot access online services you can call 111 (this is a free number to call).

### What will happen if I'm worried about my immigration situation?

All NHS services for coronavirus are free for everyone regardless of their immigration status in the UK. This includes coronavirus testing and treatment, even if the result is negative. You will not be reported to the Home Office for coronavirus testing or treatment.

### What can I do to help stop Coronavirus spreading?

- Make sure you wash your hands frequently, using soap and water, for at least 20 seconds
- Follow advice about staying at home if you have symptoms

### For more information:

- NHS Guidance: <https://www.nhs.uk/conditions/coronavirus-covid-19/>
- World Health Organisation advice: <https://www.who.int/news-room/q-a-detail/q-a-coronaviruses>