



Charity 1067406

CORONAVIRUS

Reference: www.doctorsoftheworld.org.uk/coronavirus-information/



WHAT TO DO IF YOU HAVE SYMPTOMS



Self isolate: stay at home for at least **10 DAYS**



Anyone else in your household or who has had contact with you must self-isolate for **10 DAYS**

GET TESTED WITHIN **5 DAYS** OF HAVING SYMPTOMS

If you live with someone who is 70 or over, has a long-term condition, is pregnant or has a weakened immune system, try to find somewhere else for them to stay for **10 DAYS**

TO BOOK A TEST



Visit

<https://www.nhs.uk/ask-for-a-coronavirus-test>



If you do not have online access

CALL 119

or CALL 0800 028 2816 in Scotland

You would need to give your contact details and have a functional mobile phone to receive test results as a text message

ISOLATION GUIDANCE

Do not go to work, school, GP surgeries, pharmacy or hospital



Avoid close contact with other people

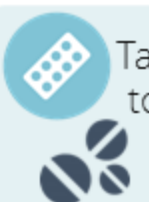
Follow the guidance on visitors



Wash your hands regularly



Have food and medication delivered to you



Take paracetamol to help with your symptoms



Drink lots of water



Sleep alone, if possible



Use separate facilities, or clean between use

WHEN TO CONTACT NHS 111?

THIS IS A **FREE NUMBER** TO CALL

You feel so ill that you can't do anything you usually would

You feel you cannot cope with your symptoms at home

Your condition gets worse

You can get an interpreter in your language by repeatedly answering "yes" to all questions