



## **Coronavirus Covid-19 Update: 16 March 2020**

Since the update that we sent out Thursday afternoon, national guidance on what to do if you have coronavirus symptoms has changed. The new guidance is outlined below:

### **What to do if you think you might have coronavirus symptoms**

If you have symptoms of coronavirus (COVID-19); a high temperature and/or a new, continuous cough, the [NHS advice](#) is to:

- stay at home and do not leave your house for 7 days from when your symptoms started (this action will help protect others in your community while you are infectious)
- plan ahead and ask others for help to ensure that you can successfully stay at home
- ask your friends and family to help you to get the things you need to stay at home
- stay at least 2 metres (about 3 steps) away from other people in your home whenever possible.
- sleep alone, if that is possible
- wash your hands regularly for 20 seconds, each time using soap and water.
- stay away from vulnerable individuals such as the elderly and those with underlying health conditions as much as possible
- **you do not need to call NHS111 to go into self-isolation. If your symptoms worsen during home isolation or are no better after 7 days contact [NHS 111 online](#). If you have no internet access, you should call NHS 111. For a medical emergency dial 999**

**More information on: [‘Staying at Home’](#) can be found by clicking this link.**

Please can you help us to disseminate this message throughout your networks. Many thanks for your continued help in this matter.

**B&NES Council Public Health Team**