

Key messages to the public

- if you have symptoms of coronavirus infection (COVID-19), however mild, 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 whilst you are infectious
- plan ahead and ask others for help to ensure that you can successfully stay at home
- ask your employer, 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



Use the NHS 111 online coronavirus service if:

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

ONLY CALL 111 IF YOU CANNOT FIRST GET HELP ONLINE