

Overview

Coronavirus (COVID-19)

- Overview
- [Stay at home advice](#)

COVID-19 is a new illness that can affect your lungs and airways. It's caused by a virus called coronavirus.

Stay at home if you have coronavirus symptoms

Stay at home if you have either:

- a high temperature – you feel hot to touch on your chest or back
- a new, continuous cough – this means you've started coughing repeatedly

Do not go to a GP surgery, pharmacy or hospital.

You do not need to contact 111 to tell them you're staying at home.

Testing for coronavirus is not needed if you're staying at home.

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

[→ Use the 111 coronavirus service](#)

Only call 111 if you cannot get help online.

Overview

Coronavirus (COVID-19)

<https://www.nhs.uk/conditions/coronavirus-covid-19/>

How long to stay at home

- if you have symptoms, stay at home for 7 days
- if you live with other people, they should stay at home for 14 days from the day the first person got 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 14 days.

If you have to stay at home together, try to keep away from each other as much as possible.

Read our [advice about staying at home](#).

Coronavirus

Wash your hands more often for 20 seconds

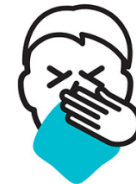
Use soap and water or a hand sanitiser when you:

- Get home or into work
- Blow your nose, sneeze or cough
- Eat or handle food



CORONAVIRUS
PROTECT YOURSELF & OTHERS

For more information and the Government's Action Plan go to nhs.uk/coronavirus



CATCH IT.



BIN IT.



KILL IT.

How to avoid catching and spreading coronavirus (social distancing)

Everyone should do what they can to stop coronavirus spreading.

It is particularly important for people who:

- are 70 or over
- have a long-term condition
- are pregnant
- have a weakened immune system

Do

- ✓ wash your hands with soap and water often – do this for at least 20 seconds
- ✓ always wash your hands when you get home or into work
- ✓ use hand sanitiser gel if soap and water are not available
- ✓ cover your mouth and nose with a tissue or your sleeve (not your hands) when you cough or sneeze
- ✓ put used tissues in the bin immediately and wash your hands afterwards
- ✓ avoid close contact with people who have symptoms of coronavirus
- ✓ only travel on public transport if you need to
- ✓ work from home, if you can
- ✓ avoid social activities, such as going to pubs, restaurants, theatres and cinemas
- ✓ avoid events with large groups of people
- ✓ use phone, [online services](#), or apps to contact your GP surgery or other NHS services

Don't

- ✗ do not touch your eyes, nose or mouth if your hands are not clean
- ✗ do not have visitors to your home, including friends and family

The NHS will contact you from Monday 23 March 2020 if you are at particularly high risk of getting seriously ill with coronavirus. You'll be given specific advice about what to do.

Do not contact your GP or healthcare team at this stage – wait to be contacted.

Tips for staying at home

It's important to stay at home to stop coronavirus spreading.

Do

- ✓ try to keep at least 2 metres (3 steps) from other people in your home, particularly people over 70, or those with long-term health conditions
- ✓ ask friends, family and delivery services to deliver things like food shopping and medicines but leave them outside
- ✓ sleep alone, if possible
- ✓ regularly wash your hands with soap and warm water for at least 20 seconds
- ✓ drink plenty of water and take everyday painkillers, such as paracetamol and ibuprofen, to help with your symptoms

Don't

- ✗ do not have visitors (ask people to leave deliveries outside)
- ✗ do not leave your home, for example to go for a walk, to school or to public places

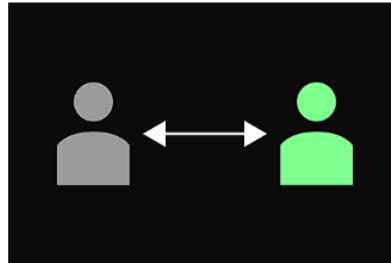
Link to .gov.uk page

<https://www.gov.uk/government/topical-events/coronavirus-covid-19-uk-government-response>



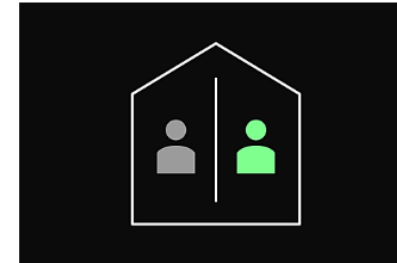
Coronavirus (COVID-19): guidance

Find guidance about coronavirus (COVID-19) for health professionals and other organisations.



COVID-19: guidance on social distancing and for vulnerable people

Guidance on social distancing for everyone in the UK and protecting older people and vulnerable people.



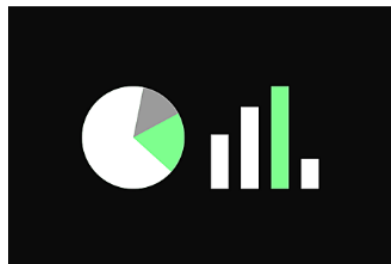
COVID-19: stay at home guidance

Stay at home guidance for people with confirmed or possible coronavirus (COVID-19) infection.



NHS information: coronavirus (COVID-19)

NHS information about how coronavirus is spread and how to avoid catching or spreading germs.



Number of coronavirus (COVID-19) cases and risk in the UK

Find out the number of cases and risk level in the UK, what to do if you have symptoms, and what the government is doing about the virus.

Latest

[New guidance for households with possible COVID-19 infection](#)

17 March 2020 News story

[Coronavirus \(COVID-19\): courts and tribunals planning and preparation](#)

16 March 2020 Detailed Guide

[Coronavirus \(COVID-19\): guidance](#)

16 March 2020 Collection

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