

Section 3 - Stay at home advice

When should you follow this advice?



There are signs to look out for that mean you might have Coronavirus. Doctors call signs of illness symptoms.



One sign of having Coronavirus is a cough.



Another sign is finding it hard to breathe.



Being really hot with a temperature over 38 is a sign of Coronavirus.

This is called a **fever**.

When should I follow this advice?

If you or a person you live with has signs of coronavirus please stay at home



If you live alone stay at home for 7 days.



If you live with other people they should stay at home 14 days





During the 14 days if a person you live with shows signs of being ill they must stay at home for seven days



They might show signs of being ill in the second week of being at home. This means they might have to stay at home for **more** than 14 days in total

What to think about if I have to stay at home



Contact friends or neighbours now who might be able to help if you have to stay at home



They might be able to bring you things like food and medicine



Try not to be close to the people that you live with



Try to sleep in a different bed on your own



Try very hard to stay away from people in your house that might get very ill



Keep washing your hands for 20 seconds



Sneeze into a tissue you can throw away



Throw the tissue into the bin after and wash your hands



Do not share things in your house like towels or razors

How can you help make yourself feel better?



You can drink lots of water



You can take medicine like paracetamol



Try to have lots of fresh air by opening a window



Try to keep your bathroom clean



Try to keep your plates and cutlery clean



Try to speak to people using the phone or internet



Keep busy by doing things like cooking or watching TV



Should I go outside?

Do not go to an appointment with the doctor or dentist



Do not go on any travel you have booked



Someone might come to give you care and support. You might have to wear a facemask if someone is in your house to help you

