

What should I do if I have coronavirus?



How will I know if I have coronavirus?

Some people who have coronavirus do not know they have coronavirus. They feel well, or feel as if they have a cold.



Some people who have coronavirus feel poorly.



People who have coronavirus may:

- have a high temperature
- have a cough
- lose or have a change in their sense of taste or smell



People who have coronavirus may:

- feel tired
- feel sick
- have a runny or blocked nose
- have a sore throat
- find it difficult to breathe



If you want to have a test to find out if you have coronavirus, you might have to pay for a test.



You can buy lateral flow tests online and at some chemists.



For more information about coronavirus tests, please read [this easy read document](#).



Some people have a health condition which means they are more likely to be very poorly if they have coronavirus.



If you are 12 years old or over and have a health condition which means you are more likely to be very poorly, you can have free coronavirus tests.



The list of health conditions which means you are more likely to be very poorly if you have coronavirus is on [this page of the NHS website](#).



The list includes Down's syndrome.



If you have a health condition on the list, you should have been sent some coronavirus tests.



You can use the tests to find out if you have coronavirus.



If you have not been sent the tests, or you have used the tests, you can order some more tests:

- online on this page of the government's website
<https://www.gov.uk/order-coronavirus-rapid-lateral-flow-tests>
- by phoning 119



Some people who work in social care can also have free coronavirus tests.



You can read more about which people who work in social care can have free coronavirus tests on [this page of the government's website](#).



What should I do if I have coronavirus, a cold or flu?

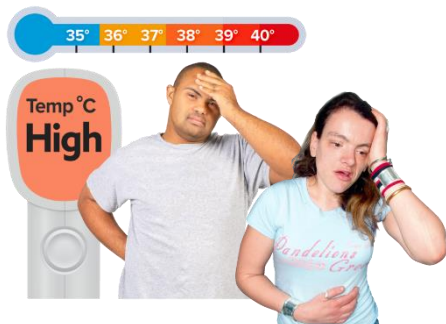
This is a guide to what the government have said it is a good idea to do if you have coronavirus, a cold or flu.



If you have had a positive result from a coronavirus test,



or you think you might have coronavirus, a cold, or flu and:



- you have a high temperature, or
- do not feel well enough to do the things you usually do



you should try to stay at home.



- You should try to stay away from other people who live with you.



- You should try to stay away from people who are more likely to be very poorly if they have coronavirus, a cold, or flu.



- You should drink plenty of water and rest.



- Try to work from home if you can.



If you can not work from home, you should talk to your manager about what you should do.



- If you have any dental or medical appointments, you should contact the place you are going and tell them about the symptoms you have.



If you have had a positive result from a coronavirus test, tell the place you are going about your result.



They will decide whether it is a good idea to change the date of the appointment.



- If you need any food or shopping, you might want to order it online.



You might want to ask family, friends, or people who help you to do your shopping.



What should I do if I live with other people?

If you live with other people, you should try to keep away from the people you live with.



If you need to use rooms that other people use:



- wear a face covering if you can when you are in the room



- open the windows when you are in the room



- leave the windows open for at least 10 minutes after you have been in the room



It is also a good idea to:



- cover your mouth and nose when you cough or sneeze



- clean things which other people will touch, like light switches, taps and door handles



- clean rooms which other people use, like the kitchen or the bathroom



- Wash your hands for 20 seconds after:
coughing
sneezing
blowing your nose



and before cooking or eating.

What should I do if I go out while I am poorly?

If you go out while you are poorly, you should stay away from people who are more likely to be very poorly if they have coronavirus, a cold, or flu.





You are less likely to make other people poorly if you:



- wear a face covering when you are out



- stay away from places where there are lots of people, especially if it is indoors



- do not use public transport



- exercise outdoors, away from other people



- try not to touch your face



- cover your mouth and nose when you cough or sneeze



- wash your hands for 20 seconds, or use hand sanitiser after:
coughing
sneezing
blowing your nose



How long should I try to stay at home and away from other people?

If you had a positive result from a coronavirus test,



you should try to stay away from other people for at least 5 days after you took the test.



After 5 days, you should stay at home and away from other people until you feel better, or you no longer have a high temperature.



If you had a positive result from a coronavirus test,



you should stay away from people who are more likely to be very poorly for 10 days after your test.



If you did not take a coronavirus test,



or had a negative test result but feel as if you might have a cold or flu,



you should try to stay at home and away from other people until you feel better, or no longer have a high temperature.

What should I do if I am 18 or under and think I might have coronavirus, a cold or flu?

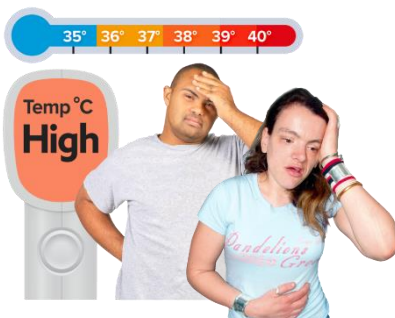
If you are 18 or under and had a positive result from a coronavirus test,



you should try to stay at home for 3 days after the test.



You should try to stay away from other people.



If you have not had a coronavirus test and you feel poorly, or have a high temperature,



you should try to stay at home until you feel better.



If you have not had a coronavirus test and you have symptoms, but you feel okay, you can go to nursery, school, or college.



What will happen if I need other people to help me?

If other people help you to do things at home, let them know about your symptoms.



If you have had a coronavirus test, let the people who help you at home know your test result.



For more information about what to do if you think you might have coronavirus, go to [this page of the government's website](https://www.gov.uk/coronavirus).

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