



What is COVID-19?

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

How is COVID-19 spread?

Current evidence suggests that COVID-19 spreads through direct, indirect (through contaminated objects or surfaces), or close contact with infected people by saliva or droplets. These are released from the mouth or nose when an infected person coughs, sneezes, speaks or sings. People who are within 1 metre of an infected person can catch COVID-19 when those infectious droplets get into their mouth, nose or eyes.

If I have COVID-19 what is it like?

The most common symptoms of COVID-19 are:

- a new continuous cough
- high temperature
- a loss of, or change to, your sense of smell or taste.

Some people may also experience muscle aches, tiredness and shortness of breath.

What can I do to reduce the risk of catching COVID-19?

- Keep your distance from people outside your household and try and stay two metres apart at all times. This reduces the chance of breathing in the virus.
- Continue to wash your hands well and regularly for 20 seconds, use sanitiser when outside your home and avoid touching your face.
- Avoid crowded spaces and plan ahead when you can to avoid travelling on public transport at peak times.
- In England, you must by law currently wear a face covering on public transport and in shops and supermarkets. A face covering should cover your mouth and nose while allowing you to breathe comfortably.

If I think I have COVID-19 that should I do?

1. If you have symptoms stay home
2. If there is anyone else in your home, they will have to stay at home for 14 days from when you first had symptoms
3. Book a test as soon as you have symptoms to see if you have COVID-19 at www.nhs.uk/coronavirus or call 119
4. If the test is positive you and your household must complete their isolation.
5. If the test is negative you and household no longer need to isolate.

If you have symptoms you must self-isolate for at least 10 days. Anyone else in your household must self-isolate for 14 days from when you started having symptoms.

Order a test immediately at www.nhs.uk/coronavirus or call 119 if you have no internet access.

If your test is positive, you must complete the remainder of your 10-day self-isolation. Anyone in your household must also complete self-isolation for 14 days from when you started having symptoms. If your test is negative, you and other household members no longer need to self-isolate

If you test positive for COVID-19, the NHS test and trace service will send you a text or email alert or call you with instructions of how to share details of people with whom you have had close, recent contact and places you have visited. It is important that you respond as soon as possible so that we can give appropriate advice to those who need it. You will be told to do this online via a secure website or you will be called by a contact tracer.