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

If you have a positive test result from a coronavirus test, it means you have coronavirus.

What should I do if I have coronavirus?

The law says you do not have to self-isolate if you have coronavirus.

This document tells you what the government says it is a good idea to do if you have coronavirus.

The government says it is a good idea to stay at home and self-isolate if you have coronavirus.

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This means you will need to spend as much time as possible by yourself.

You should not go to work, school or college.

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

If you need any food or shopping, you should order it online,

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

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

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

You should not invite people to visit you at home, unless it is important that they come and help you.

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You should not meet with people who are more likely to be very poorly from coronavirus for 10 days after your symptoms started or you took your coronavirus test.

It is a good idea to let people who you have been in close contact with know that you have coronavirus.

In close contact with includes:

- the people you live with
- anyone who has stayed overnight in the place you live

What should I do if I live with other people?

If you live with other people, you should try not to use the rooms that the other people use.

If you need to use the rooms that other people use:
- wear a face covering if you can when you are in the room
- open the windows in the room

If you need to use a bathroom that other people use, try to use the bathroom after everyone else.

It is also a good idea to:

- cover your mouth and nose with a tissue when you cough or sneeze.

Then put the tissue in a bin.

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

If other people help you to do things at home, they might ask you to do more things by yourself.

This might include washing yourself or getting yourself dressed.

People who help you might tell you how to do things instead of doing things for you.

This might include brushing your teeth or taking your medication.

When people help you they might do things a bit differently

The people helping you will need to wear protective equipment like gloves, aprons and masks.

This might make them look a bit different, but it will help them to keep everyone safe.

How long should I self-isolate?

The government says it is a good idea to self-isolate for up to 10 days if you have a positive result from a coronavirus test.

If you have symptoms of coronavirus, you shoud count the day your symptoms started as day 0.

If you do not have symptoms of coronavirus, you should count the day you took the coronavirus test as day 0.

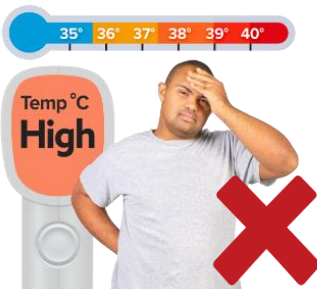You should then self-isolate for up to 10 whole days.

You can stop self-isolating before the end of day 10 if you do the following:

- Starting on day 5, take a lateral flow test every day.

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- If you have negative test results 2 days in a row

and you do not have a high temperature,

you can stop self-isolating at the end of the day you had your 2nd negative test result.

You can stop taking lateral flow tests and self-isolating at the end of day 10 even if you have not had 2 negative test results.

What should I do if I need to go out while I have coronavirus?

If you need to go out while you have coronavirus, the government says it is a good idea to:

- wear a face covering if you can

- stay away from places where there are lots of people who are close to each other.

If you need to travel on public transport, try to go when it is not too busy.

Do not go to places indoors where there is no fresh air.

Do not spend a lot of time with people you do not live with.

If you need to meet with someone you do not live with, try to meet them outdoors.

If you need to meet with someone you do not live with, try to stay at least 2 metres away from them.

If you go for a walk or do some exercise outdoors, keep away from places where you will be close to other people.

Remember to wash your hands often.

For more information about what to do if you have coronavirus, go to this page of the government's website.

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