

Coronavirus

COVID-19



Infographics

Based on information provided by:
NHS **NICE**

Reference: NHS, 2020. Coronavirus (COVID-19) [online]. Website: <https://www.nhs.uk/conditions/coronavirus-covid-19/>
NICE, 2020. Coronavirus (COVID-19) [online]. Website: <http://www.nice.org.uk/covid-19>

If you have symptoms, or if you live with someone who has symptoms...

You must **SELF ISOLATE**, i.e. stay at home and have no visitors



7 days for those with symptoms & **14** days for those who live with them

What if you live with those in the high-risk group?



Self-isolate in your room away from them

OR

Arrange for them to stay elsewhere for the 14 days



How should you take care of yourself?

Only the following home treatments are recommended:

Paracetamol at recommended doses for fever and aches



A teaspoon of honey for coughs

Breathing exercises if you have difficulty breathing



If you notify your friends or neighbours, they can help bring you any food or essentials



Keep hydrated

Maintain hygiene



Take lots of rest

When should you seek medical assistance?

If you are struggling with your symptoms at home:



Call 111 or your local GP for advice

If your health worsens...

For example, it becomes more difficult to breathe:



Go to your nearest hospital