**Overview**-Coronavirus (COVID-19) leaflet

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

**Stay at home if you have coronavirus symptoms**

Stay at home for 7 days if you have either:

* a high temperature
* a new, continuous cough

Do not go to a GP surgery, pharmacy or hospital.

You do not need to contact 111 to tell them you're staying at home.

Read our [advice about staying at home](https://www.nhs.uk/conditions/coronavirus-covid-19/self-isolation-advice/) – see page 3

**Urgent advice:Use the NHS 111 online coronavirus service if:**

* you feel you cannot cope with your symptoms at home
* your condition gets worse
* your symptoms do not get better after 7 days

[**Use the 111 coronavirus service**](https://111.nhs.uk/covid-19/)

**Only call 111 if you cannot get help online.**

**How coronavirus is spread**

Because it's a new illness, we do not know exactly how coronavirus spreads from person to person.

Similar viruses are spread in cough droplets.

It's very unlikely it can be spread through things like packages or food.

**How to avoid catching or spreading coronavirus**

**Do**

* wash your hands with soap and water often – do this for at least 20 seconds
* always wash your hands when you get home or into work
* use hand sanitiser gel if soap and water are not available
* cover your mouth and nose with a tissue or your sleeve (not your hands) when you cough or sneeze
* put used tissues in the bin immediately and wash your hands afterwards
* try to avoid close contact with people who are unwell

**Don't**

* do not touch your eyes, nose or mouth if your hands are not clean

**Treatment for coronavirus**

There is currently no specific treatment for coronavirus.

Antibiotics do not help, as they do not work against viruses.

Treatment aims to relieve the symptoms while your body fights the illness.

You'll need to stay in isolation, away from other people, until you have recovered.

**Government response and action plan**

* <https://www.gov.uk/government/publications/coronavirus-action-plan>
* <https://www.gov.uk/guidance/coronavirus-covid-19-information-for-the-public>

**Stay at home advice**-Coronavirus (COVID-19)

**Tips for staying at home**

It's important to stay at home to stop coronavirus spreading.

**Do**

* try to keep at least 2 metres (3 steps) from other people in your home, particularly older people or those with long-term health conditions
* ask friends and family and delivery services to deliver things like food shopping and medicines – but avoid contact with them
* sleep alone if possible
* regularly wash your hands with soap and warm water for at least 20 seconds
* try to stay away from older people and those with long-term health conditions
* drink plenty of water and take everyday painkillers, such as paracetamol and ibuprofen, to help with your symptoms

**Don't**

* do not have visitors (ask people to leave deliveries outside)
* do not leave the house, for example to go for a walk, to school or public places

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