Coronavirus

Isolate your household
Stay at home

If you or anyone in your household has a high temperature or a new and continuous cough – even if it’s mild

☑️ Everyone in your house must stay at home*

☒ DO NOT go to your GP, hospital or pharmacy.

☑️ You can ring NHS 111 for information or advice and they will help you decide if you need to contact your GP.

Calling your GP is only necessary if you have:
• an existing health condition
• problems with your immune system
• very serious symptoms

☑️ Protect older people and those with existing health conditions by avoiding contact.

*Find out how to isolate at home at www.pha.site/coronavirus

If it is a medical emergency and you need to call an ambulance, dial 999 and inform the operator of your symptoms.