

This Guide is to Help People who have caught Coronavirus

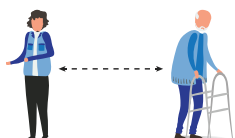
**Coronavirus is also called
COVID-19**



If you think you have caught Coronavirus



You need to stay in your home



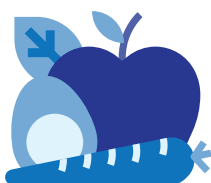
Keep away from people in your home until your symptoms have gone for at least 7 days



If you live alone phone a friend, carer or family member



A cough alone does not mean you must carry on keeping away from people in your home unless they have symptoms



Drink lots of water and eat fruit and vegetables



Take paracetamol if you are in pain. Make sure to read the label for how much.

If you think you have caught Coronavirus



Take your usual medication unless told not to by a doctor



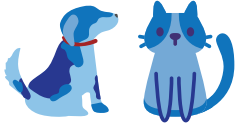
If you do not feel any better after 7 days call NHS 111 or visit their advice online



In an emergency phone 999

Be prepared

In case you catch Coronavirus:



Pets and animals like dogs cannot get Coronavirus but you can't walk them if you get it



Talk to family, friends and neighbours about help you may need



Make a list of businesses and shops who deliver in your area



Ask family, friends or neighbours to drop things off that you need

If you have Coronavirus



Do not have any visitors in your home unless a carer



Do not let family or friends who don't live with you enter your home



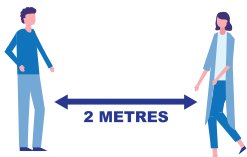
Do not share bedding, cups, dishes, glasses, knives and forks, toothbrushes or towels



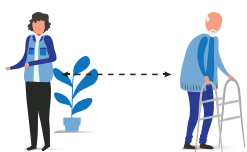
Do not share food and drink



Do not touch your face



Keep at least 2 metres away from people



Keep away from people you live with



Keep your home, kitchen and bathroom surfaces and door handles clean

If you have Coronavirus



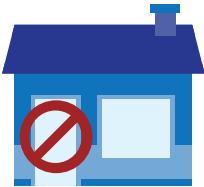
Phone, message or use social media to ask family, friends or neighbours who don't live with you to shop for you and leave at your door



Sleep in a different bed from anyone else if you can



Stay in a room on your own with a window that can be opened



The people who live with you must also stay at home



Try to keep the window open as often as you can to help breathing



Phone, message or use social media to use a delivery service. Ask for door-step delivery. This means it will be left outside your door



Wash your hands often



You or anyone in your home cannot go out or for a walk even to walk a pet

Wash your hands often:



Wet hands with warm water and soap



Rub hands together until soap makes bubbles



Rub top of hands, between fingers and under nails



Rub together for at least 20 seconds



Rinse hands with clean, running water from tap



Dry hands with a clean towel. Do not let anyone else use this.

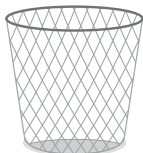


If you use a paper towel. You must place it in the bin

Things to do to help



If you cough or sneeze cover nose and mouth with your elbow or a tissue



Put used tissues into a closed bin and wash your hands



If you have a carer they should wear gloves and can use tissues to wipe you after sneezing or coughing



Place personal waste such as used tissues, cleaning cloths, paper towels and sanitary products in rubbish bags. Tie in a second bag. Keep bag aside for 3 days then put in outside rubbish bin

You should:



Clean all surfaces people touch as often as possible



Clean your home



Do not shake dirty laundry. This may spread Coronavirus

Things to do to help



Go in your garden to get fresh air. keep 2 metres away from other people



Only wear a face mask if a carer with you asks you to



Place personal waste such as tissues, cleaning cloths and sanitary products in rubbish bags. Tie in a second bag. Keep bag aside for 3 days then put in outside rubbish bin



Put all food rubbish in bin as usual



Use cleaning products or wipes with detergent and bleach to help get rid of Coronavirus on surfaces

Things to do to help



Wash all cleaning cloths after every use



Wash all clothes, bedding, towels, tea towels as often as possible



Wash dirty laundry as often as possible. do not let anyone else touch it

Keep in touch



Staying at home for a long time can be hard. You may feel unhappy, sad and lonely



Ask for support and help when you need it



If you feel well enough do some exercise in your home or garden



Keep busy with activities you enjoy



Listen to music



Phone or use social media to stay in touch with family and friends



Watch the television