



HM Government

NHS

Coronavirus

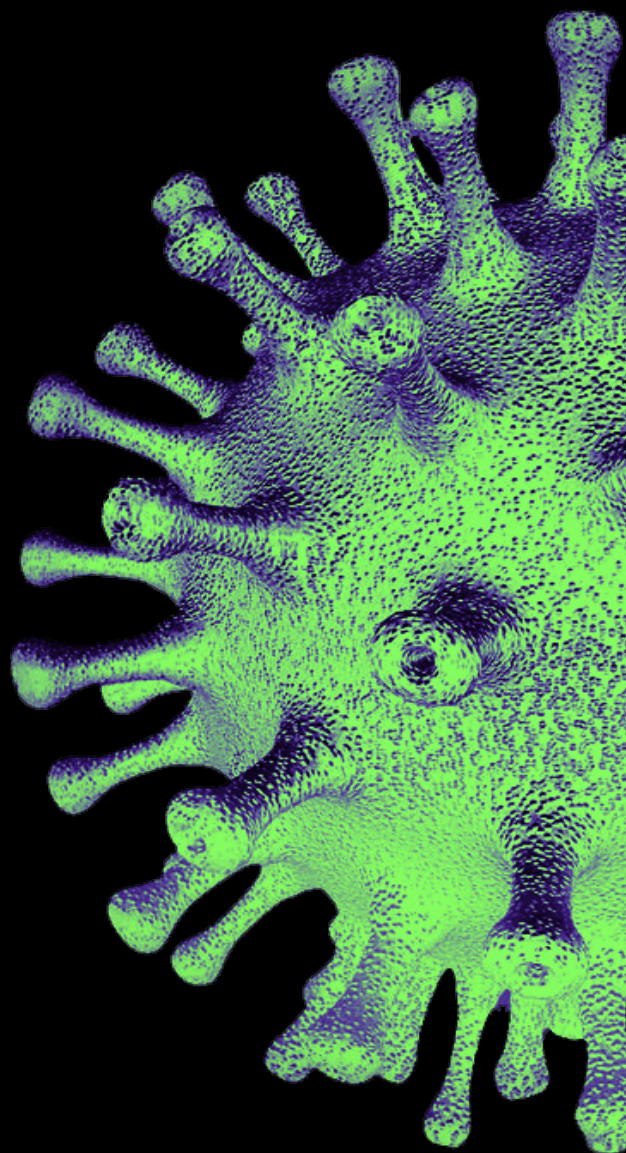
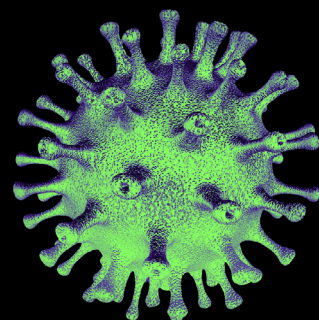
Isolate yourself

Stay at home

If you have a high temperature or a new and continuous cough – even if it's mild

- ✔ **Stay at home** for 7 days from the first symptom and keep away from others.
- ✘ **DO NOT** go to the GP or hospital.
- ✔ **Go to NHS.UK** to check your symptoms and follow the specialist medical advice. Only call NHS 111 if you can't get online or your symptoms worsen.
- ✔ **Protect** older people and those with existing health conditions by avoiding contact.

Find out how to isolate at home at [nhs.uk/coronavirus](https://www.nhs.uk/coronavirus)



CORONAVIRUS

**PROTECT
YOURSELF
OTHERS &
THE NHS**