

COVID-19 (coronavirus)

If you have a:

- **high temperature**
- and/or**
- **new persistent cough**

Self-isolate (stay at home) for 7 days

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

Call NHS 111 if:

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

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

For further information and self-isolation advice, visit www.pha.site/coronavirus