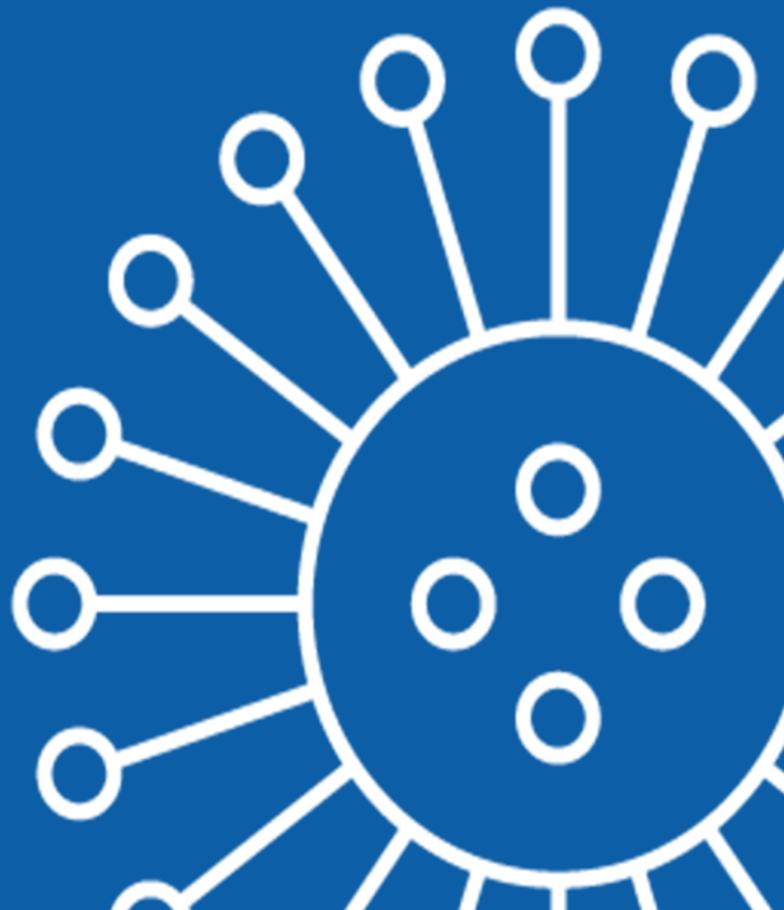


# Coronavirus (COVID-19) Guidance

## ENGLISH

This advice is based on NHS health advice and information and it is an advice for everyone in the UK, regardless of country of origin.

Version 8 [15.12.2020]



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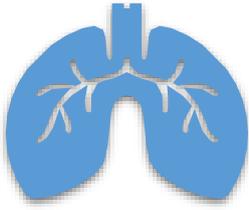
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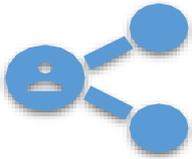
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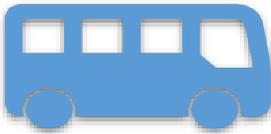
## What is Coronavirus (COVID-19) and how to stay safe?



COVID-19 is a new illness that can affect your lungs, airways and other organs. It's caused by a virus called Coronavirus.



You can stay safe by reducing your physical contact with people you do not live with, and by following essential hygiene measures as much as possible to help stop the spread of coronavirus. This includes people of all ages – even if you do not have any symptoms or other health conditions.



**Using public transport:** You should avoid using public transport as much as possible and try to cycle, walk or drive instead. If you need to use public transport, try to avoid peak times and maintain physical distancing. You must wear a face covering in public transport.

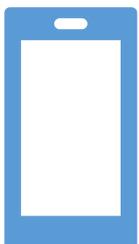
It is important that you follow this guidance, you could be fined if you do not.



**Continuing to work:** You should continue to work from home if you can. If you need to go to work, you should first check that you and members of your household do not have symptoms. If none has symptoms, you can go to work provided you maintain physical distance of 2 meters and frequent hand washing or sanitizing. You can check with your employer for safety measures and the availability of personal protective equipment in your workplace.



The police and the army may play a role in enforcing public health measures, as well as ensuring food and other essentials are delivered to vulnerable people.



You can download an application to your smart phone to stay safe. The app will alert you if you have been in close contact with another app user who tests positive for coronavirus. And if you test positive, it can help in determining contacts that you may have otherwise missed while keeping your information private and anonymous.



If you live in England and Wales, download **NHS COVID-19 App**. The app is available to anyone over the age of 16. For more information in 11 languages visit <https://covid19.nhs.uk/information-and-resources-translated.html>



If you live in Scotland, you can download **Protect Scotland App**. The app is available to anyone over the age of 16. <https://www.protect.scot/>



If you are in Northern Ireland, you can download **StopCOVID NI Proximity App**. The app is available to anyone over the age of 11. <https://www.nidirect.gov.uk/articles/coronavirus-covid-19-stopcovid-ni-proximity-app>

Check with your local authority for any local lockdown rules that may apply to you.

If you live in England

<https://www.gov.uk/government/publications/coronavirus-covid-19-meeting-with-others-safely-social-distancing>

If you live in Scotland

<https://www.gov.scot/publications/coronavirus-covid-19-protection-levels/>

If you live in Wales

<https://sanctuary.gov.wales/covid-19>

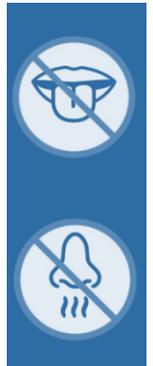
If you live in Northern Ireland

<https://www.health-ni.gov.uk/publications/guidance-accompany-health-protection-coronavirus-restrictions-no-2-regulations-northern-ireland-2020>

## What to do if you have symptoms?

If you have:

- a high temperature – you feel hot to touch on your chest or back, or
- a new, continuous cough – this means you've started coughing repeatedly, or
  - a loss of, or change in, your normal sense of taste or smell (anosmia) - if you cannot smell or taste anything, or things smell or taste different to normal



You must follow these steps as soon as possible:



**Self-isolate:** stay at home for at least 10 days and follow the [isolation guidance for households with possible coronavirus infection](#). Anyone else in your household or who had close contact with you must self-isolate for 10 days.



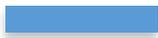
**Get tested for Coronavirus** within the first five days of having symptoms:

Anyone can be tested for free if they have symptoms to find out if they have the virus. There are 2 ways to get tested. You can either get the test delivered to where you live, or you can go to a test site. You will receive your test results via text message, email or phone call.

## Get tested for Coronavirus



To book a test or to order it online visit <https://www.nhs.uk/ask-for-a-coronavirus-test> If you do not have online access, call **119** in **England, Wales and Northern Ireland** or **0800 028 2816** in **Scotland**.



**If the test result is negative:**  
you can stop self-isolating if you are feeling well and do not have symptoms anymore. Other members of your household or who have close contact with you can also stop self-isolating.



**If the test result is positive:** you must complete the remainder of your ten-day self-isolation, and everyone in your household or who had close contact with you must continue the remainder of their 10 days self-isolation.

The tracing service in your area will contact you asking for your help to stop further spread of the virus. They will ask you where you have been recently and who you have been in close contact with. This is essential to identify who needs to self-isolate and stay at home for 10 days or more.

For more information, if you live in Scotland:

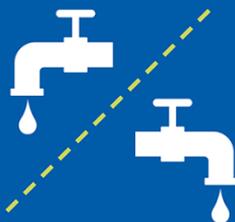
<https://www.gov.scot/publications/coronavirus-covid-19-test-and-protect-coronavirus-service/> or, if you live in live in Northern Ireland

<https://www.publichealth.hscni.net/publications/test-trace-protect-step-step-guide-and-translations>

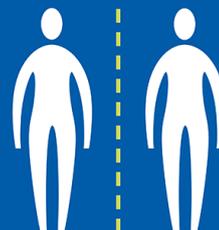
## Isolation guidance for households with possible coronavirus infection



Do not go to work, school, GP surgeries, pharmacy or hospital



Use separate facilities, or clean between use



Avoid close contact with other people



Have food & medication delivered to you



Follow the guidance on visitors



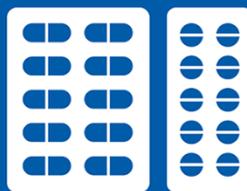
Sleep alone, if possible



Regularly wash your hands



Drink plenty of water



Take paracetamol to help with your symptoms

It is important that you follow this guidance, you could be fined if you do not.

Find out more at: <https://www.gov.uk/government/publications/covid-19-stay-at-home-guidance>

## How long to follow the isolation guidance?

- Anyone with symptoms should stay at home and isolate for at least 10 days.
- If you live with other people, they should stay at home and isolate for at least 10 days, to avoid spreading the infection outside the home.
- But, if anyone in your home gets symptoms, they should stay at home and isolate for 10 days from the day their symptoms start. Even if it means they're at home for longer than 10 days.
- If you live with someone who is 70 or over, has a long-term condition, is pregnant or has a weakened immune system, try to find somewhere else for them to stay for 10 days.

## When to contact NHS 111?

- you feel so ill that you can't do anything you usually would, such as watch TV, use your phone, read or get out of bed
- you feel you cannot cope with your symptoms at home
- your condition gets worse

## How to contact NHS 111?

You can use the NHS 111 online coronavirus service (<https://111.nhs.uk/covid-19>) to find out what to do next. If you cannot access online services you can call 111 (this is a free number to call). You can get an interpreter in your language by repeatedly answering “**yes**” to all questions.

## What to do if worried about your immigration situation?

Overseas visitors to **England**, including anyone living in the UK without permission, will **not** be charged for:

- testing for coronavirus (even if the test shows you do not have coronavirus)
- treatment for coronavirus – but if you start treatment and a test then shows you do not have coronavirus, you may be charged for any treatment you have after getting the test result
- treatment of children who develop multisystem inflammatory syndrome

No immigration checks are needed if you only have testing or treatment for COVID-19.

## What to do to help stop Coronavirus spreading?

- Make sure you wash your hands frequently, using soap and water, for at least 20 seconds
- Follow advice about staying alert and safe
- Depending on where you live, follow the advice on face covering and keep 2 meters physical distance from people who you do not live with.

For more information:

- NHS Guidance <https://www.nhs.uk/conditions/coronavirus-covid-19/>
- WHO guidance: <https://www.who.int/news-room/q-a-detail/q-a-coronaviruses>