



WASH

COVER

AVOID

CLEAN

COVID-19 (CORONAVIRUS)

Patient Information

PLEASE MAKE SURE THAT YOU READ THIS INFORMATION AND SHARE IT WITH ANYONE LOOKING AFTER YOU

Following your recent GP appointment you have been advised that you may be suffering from COVID-19, also known as Coronavirus. This information will help you to look after yourself, avoid spreading the virus to others and give you further information about when you should call for additional help or advice.

IT IS IMPORTANT THAT YOU FOLLOW THESE INSTRUCTIONS

If you have any of the following, please call your GP or 111:

- **Breathlessness:** if this is severe or getting gradually worse.
- **Confusion:** if you are confused or irrational and not making sense to those around you.
- **Excessive sleepiness:** sleeping more when you are unwell is not unusual, but this can be a sign that your oxygen levels are getting too low. If you are increasingly drowsy, or it is difficult for others to rouse you please call.

Monday to Friday 0800 – 1830: CALL YOUR GP

ALL OTHER TIMES: CALL 111 or 999

About the illness

Everyone with a suspected coronavirus diagnosis must take it extremely seriously by observing self-isolation and recommended hygiene measures.

What to Expect

Expect to be unwell for around 4 to 5 days. Symptoms include a persistent dry cough, a high temperature, exhaustion, muscle aches and pains, chest discomfort and tightness, diarrhoea and loss of smell and/or taste.

- Most people (8 out of 10) will then get better, but may feel unusually tired for up to a month.
- **IMPORTANT: 2 out of 10 people are likely to get worse usually around, or after, day 5 of their illness. If this is the case you should call your GP or 111 again.**

Treatment

- Drink plenty of water and eat healthily to maintain your fluid intake and energy levels.
- Use paracetamol to relieve your symptoms.
- Do not use ibuprofen or other anti-inflammatories unless instructed to do so by a doctor.

Isolation

We know that this is hard, but you need to follow this self-isolation guidance as strictly as possible until you are completely better or for seven days, whichever is the shorter:

- Stay in a separate room if it is possible. If not maintain strict social distancing.
- Food and drink:
 - Have your meals/food passed to you on a tray *which you do not touch*.
 - Put used plates, cups and cutlery into a bucket of hot soapy water, *which you have not touched* for someone else to take away.
- Use a separate bathroom if possible. If not, clean all bathroom surfaces which you have used yourself before you leave the room. Use disinfectant on a disposable wipe which you can throw in a bin.
- Put dirty clothes in a bag or basket *which you do not touch*. They can then be put directly into the washing machine without being touched by anyone else.

Other people in your home without symptoms

- Do not let anyone else into the house, even close family or friends.
- Maintain strict social distancing from the person with suspected coronavirus.
- Observe strict hand hygiene.
- Do not touch your face, eyes, nose or mouth except after washing your hands.
- If providing food or drink for the person with suspected coronavirus:
 - Provide food and drink on a tray near the person who is ill.
 - Provide a bucket of hot soapy water for them to put their used cups, crockery and cutlery into when they have finished.
 - Leave items to soak for at least an hour. Pour the dirty water down the drain and then wash everything as usual.
 - Wash your hands afterwards as per the guidance.
- Clean all solid surfaces the person with suspected coronavirus may have touched with disinfectant, including: door knobs, banisters, etc.
- Everyone else in the house must self-isolate for 14 days.