

To support the delay of the spread of the virus, the Department for Health and Social Care has asked anyone who shows certain symptoms to stay at home for 7 days, regardless of whether they have travelled to affected areas. This means people should stay at home and avoid all but essential contact with others for 7 days from the point of displaying mild symptoms, to slow the spread of infection.

The symptoms are:

- A high temperature (37.8 degrees and above)
- A new, continuous cough

You do not need to call NHS 111 to stay at home. If your symptoms worsen during your stay at home period or are no better after 7 days contact NHS 111 online at 111.nhs.uk. If you have no internet access, you should call NHS 111. For a medical emergency dial [999](tel:999).