

# Coronavirus

## Isolate your household Stay at home

If you or anyone in your household has a high temperature or a new and continuous cough – even if it's mild

- ✔ **Everyone in your house must stay at home\***
- ✘ **DO NOT** go to your GP, hospital or pharmacy.
- ✔ **You can ring NHS 111** for information or advice and they will help you decide if you need to contact your GP.

Calling your GP is only necessary if you have:

- an existing health condition
  - problems with your immune system
  - very serious symptoms
- ✔ **Protect** older people and those with existing health conditions by avoiding contact.

\*Find out how to isolate at home at  
[www.pha.site/coronavirus](http://www.pha.site/coronavirus)

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

**CORONAVIRUS**

**PROTECT  
YOURSELF  
OTHERS &  
THE NHS**