After self-isolation

At this stage, everyone must stay at home and away from other people to stop the spread of coronavirus (COVID-19).
This is called social distancing. Only leave your home if it's essential.

You should only leave your home for very limited purposes:

- shopping for basic necessities, for example food and medicine, which must be as infrequent as possible
- one form of exercise a day, for example a run, walk, or cycle – alone or with members of your household
- any medical need, including to donate blood, avoid or escape risk of injury or harm, or to provide care or to help a vulnerable person
- travelling for work purposes, but only where you cannot work from home.

Everyone is reminded to follow Public Health England advice to:

- Always carry tissues with you and use them to catch your cough or sneeze. Bin the tissue, and wash your hands, or use a sanitiser gel.
- Wash your hands often with soap and water, especially after using public transport. Use a sanitiser gel if soap and water are not available.
- Avoid touching your eyes, nose and mouth with unwashed hands and close contact with people who are unwell.
- Wear a face covering on public transport, shops and supermarkets (see full advice on www.gov.uk)

Patient information

Coronavirus advice: keeping safe at home

You have been seen in the emergency department and the doctor feels you are safe to go home.

This advice and guidance is designed to help you when you get home.

Please visit the NHS website at www.nhs.uk/conditions/coronavirus-covid-19/ for the most up-to-date information and guidance.

We will do everything we can to ensure the information in this leaflet is accurate, but public health advice is changing rapidly so please check the online guidance to ensure you are accessing the latest information.

How to get a free NHS test to check if you have coronavirus: www.gov.uk/get-coronavirus-test

If you have symptoms

Use the 111 online coronavirus service if you have either:

- a high temperature – this means you feel hot to touch on your chest or back (you do not need to measure your temperature)
- a new, continuous cough – this means coughing a lot for more than an hour, or three or more coughing episodes in 24 hours (if you usually have a cough, it may be worse than usual)
- Loss or change to sense or smell or taste.

These are the main symptoms of coronavirus.

If you cannot cope with your symptoms or your condition worsens, call NHS 111, or call 999 if it is a life-threatening emergency.

If you or someone you live with has symptoms of coronavirus:

- do not leave your home for any reason – if you need food or medicine, order it online or by phone, or ask someone to deliver it to your home
- do not have visitors in your home – including friends and family
- do any exercise at home – you can use your garden, if you have one
- Visit www.gov.uk to book a free NHS test to clarify you have the virus

How to get a free NHS test to check if you have coronavirus: www.gov.uk/get-coronavirus-test

How long to self-isolate

If you have symptoms of coronavirus, self-isolate for 10 days.

After 10 days:

- if you do not have a high temperature, you can stop self-isolating
- if you still have a high temperature after 10 days stay at home and seek medical advice
- You do not need to keep self-isolating if you just have a cough after ten days. A cough can last for weeks after the infection has gone.

If you live with someone who has symptoms

- If you live with someone who has symptoms - self-isolate for 10 days from the day their symptoms started. This is because it can take 10 days for symptoms to appear.
- If more than one person at home has symptoms - self-isolate for 10 days from the day the first person started having symptoms
- If you do not get symptoms while self-isolating – you can stop self-isolating after 10 days.
- If you get symptoms while self-isolating – get a test to check if you have coronavirus
- If your test is negative - keep self-isolating for the rest of the 10 days
- If your test if positive - the 10 days restart from when your symptoms started. This will mean you are self-isolating for more than 10 days overall.

How to get a free NHS test to check if you have coronavirus: www.gov.uk/get-coronavirus-test

Putting you first