

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.

Patient information

Coronavirus advice: keeping safe at home

This advice and guidance is designed to help you stay safe at home.

Please visit [the NHS website at www.nhs.uk/conditions/coronavirus-covid-19/](http://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.

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 of 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.

How long to self-isolate

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

After ten days:

- if you do not have a high temperature, you can stop self-isolating
- if you still have a high temperature, keep self-isolating until your temperature returns to normal
- 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 14 days from the day their symptoms started.

This is because it can take 14 days for symptoms to appear. If more than 1 person at home has symptoms, self-isolate for 14 days from the day the first person started having symptoms. If you get symptoms while self-isolating – you should self-isolate for seven days from when your symptoms started, even if it means you're self-isolating for longer than 14 days.

If you do not get symptoms while self-isolating – you can stop self-isolating after 14 days.