Coronavirus
Isolate yourself
Stay at home

If you have a high temperature or a new and continuous cough – even if it’s mild

✔ Stay at home for 7 days from the first symptom and keep away from others.

❌ DO NOT go to the GP or hospital.

✔ Go to NHS.UK to check your symptoms and follow the specialist medical advice. Only call NHS 111 if you can’t get online or your symptoms worsen.

✔ Protect older people and those with existing health conditions by avoiding contact.

Find out how to isolate at home at nhs.uk/coronavirus