**COVID-19 – FAQ’s**

1. **What are the symptoms:-**

The most common symptoms of coronavirus (COVID-19) are recent onset of:

* new continuous cough and/or
* high temperature
1. **What should I do if I have symptoms of COVID-19?**
* STAY AT HOME and SELF- ISOLATE with your household.
* Do **not** go to a GP surgery, pharmacy or hospital
* You do not need to contact 111 to tell them you’re staying at home
* Testing for coronavirus is not needed if you’re staying at home
* If you feel you cannot cope with your symptoms at home, or your condition gets worse, or your symptoms do not get better after 7 days, then use the [NHS 111 online](https://111.nhs.uk/) coronavirus service. If you do not have internet access, call NHS 111. For a medical emergency dial 999
1. **When do I need to self-isolate and for how long?**
* If you live alone and you have symptoms of coronavirus illness (COVID-19), however mild, stay at home for **7 days** from when your symptoms started.
* If you live with others and you are the first in the household to have symptoms of coronavirus, then you must stay at home for 7 days, but all other household members who remain well must stay at home and not leave the house for **14 days**. The 14-day period starts from the day when the first person in the house became ill.
* For anyone else in the household who starts displaying symptoms, they need to stay at home for 7 days from when the symptoms appeared, regardless of what day they are on in the original 14 day isolation period.
1. **What does self-isolation mean?**
* You and all household members should remain at home. Do **not** go to work, school, or public areas, and do **not** use public transport or taxis.
* If you can, move any vulnerable individuals (such as the elderly and those with underlying health conditions) out of your home, to stay with friends or family for the duration of the home isolation period
* If you cannot move vulnerable people out of your home, stay away from them as much as possible
* If you require help with buying groceries, other shopping or picking up medication, or walking a dog, you will need to ask friends or relatives. Alternatively, you can order medication by phone or online. You can also order your shopping online.
1. **Do I need a sicknote if I’m self-isolating?**
* No – you can self-certify for 7 days.
* If you need to isolate for 14 days employers have been asked to use their discretion – should you have issues please contact NHS 111 who can provide you with a self-isolation notification for your employer – please do not call your GP.
1. **What if I have asthma?**

*If you have asthma and have no symptoms of COVID-19-*

* Follow the hygiene advice issued to everybody with good handwashing etc.
* Avoid unnecessary interactions with other people. This means avoiding large gatherings, shaking hands with people or hugging them, and unnecessary travel, especially on public transport.
* Carry on taking all your usual asthma medicines as normal.

#### *If you have asthma and you DO have symptoms of COVID-19 (a new continuous cough or a fever):*

#### Follow the self-isolation and other advice for all people with COVID-19 symptoms.

* If you get an asthma cough and are not sure whether your cough is a symptom of COVID-19 or related to your asthma, please speak to your GP, use the [online 111 service](https://111.nhs.uk/covid-19) or call 111 to ensure that you get the right care.

#### Keep following your asthma action plan to manage your asthma and so you know what to do if your asthma symptoms get worse.

#### If you are having an asthma attack, call 999 for an ambulance as usual, and tell them you have COVID-19 symptoms.

#### If you do not normally have a rescue pack at home with steroids and antibiotics it is not advised that you try and obtain one.

#### Get up to date information from a recognised asthma organisation e.g

#### <https://www.asthma.org.uk/>

#### Useful links for information

#### Asthma

#### <https://www.asthma.org.uk/>

#### Arthritis

#### <https://www.nras.org.uk/frequently-asked-questions>

#### Diabetes

#### <https://www.diabetes.org.uk/about_us/news/coronavirus>

#### Cancer Patients

#### <https://www.cancerresearchuk.org/about-cancer/cancer-in-general/coronavirus-and-cancer>

#### General Advice

#### <https://www.gov.uk/government/publications/covid-19-stay-at-home-guidance/stay-at-home-guidance-for-households-with-possible-coronavirus-covid-19-infection>

#### <https://www.gov.uk/coronavirus> - info re employment and benefits

#### <https://www.gov.uk/government/publications/guidance-on-shielding-and-protecting-extremely-vulnerable-persons-from-covid-19/guidance-on-shielding-and-protecting-extremely-vulnerable-persons-from-covid-19> - for the vulnerable