

## **Advice for managing Coronavirus at home**

### *10 Top Tips*

1. Early recognition - any new continuous cough or fever (37.8°C or above) is presumed Coronavirus.
2. Don't panic - most people will be able to self manage without contacting their GP or 111. Everyone needs to follow simple steps to reduce their symptoms and avoid infecting others. DO NOT go to the GP practice or Emergency Department (A&E).
3. Get educated - the NHS 111 online Coronavirus service will help you assess your symptoms (<https://111.nhs.uk/service/COVID-19/>). If you are short of breath (i.e. not able to walk upstairs or are having difficulty speaking in sentences) then phone 111. DO NOT go to the GP practice or A&E. Only phone 999 if you feel it is an emergency.
4. Self isolate - stop the virus spreading by self isolating for 7 days from the onset of symptoms and follow the information here on how to do this (<https://www.gov.uk/government/publications/covid-19-stay-at-home-guidance/stay-at-home-guidance-for-people-with-confirmed-or-possible-coronavirus-covid-19-infection>). Effective self isolation will stop your friends and family getting infected (see picture below).
5. Household members will need to self-isolate too. If they remain well they must self-isolate for 14 days. This is to allow for time to actually catch the virus from you - and then for their symptoms to develop. If they become unwell with fever or cough at any stage, they must self isolate for 7 days from the day they become unwell.
6. Rest, paracetamol and fluids are crucial especially with fever - aim for a minimum of 10x 300ml mugs of fluid a day. Avoid alcohol. Water, diluting juice or fruit juice are ideal. Aim for regular clear or mildly yellow urine and to be able to pee every 4 hours except when asleep at night. If you have not passed urine in over 4 hours, have dark yellow urine, feel thirsty or dizzy on standing then there is a high chance you are dehydrated and you need to drink lots more as a priority.  
<https://www.nhsinform.scot/campaigns/hydration>
7. Food is less important than fluids - if able to eat then have lots of fruit and vegetables as these will help your immune system fight the infection.
8. Stop certain medications - some drugs are unsafe when you are unwell, especially ones to lower your blood pressure, and anti-inflammatories. Look at the 'Sick Day Rules' card for more information (below). If you have medical problems such as heart problems, kidney disease or diabetes it may be better to discuss your medication with your GP practice. Restart these medications 48 hours after you are eating and drinking normally.

9. Get support - call family/friends/community members and ask them to deliver supplies.
10. For children follow advice from the excellent When Should I Worry Website [http://www.whenshouldiworry.com/resources/When%20should%20I%20worry-Booklet England-with%2011%20service 2016.pdf](http://www.whenshouldiworry.com/resources/When%20should%20I%20worry-Booklet%20England-with%2011%20service%202016.pdf)
11. You can return to work after 7 days if you're feeling better and your fever has settled. Your cough may persist for several weeks. Contact the 111 online Coronavirus service if you are not improving after 7 days (<https://111.nhs.uk/service/COVID-19/>).

