

What to do if you think you have Coronavirus

Most people with coronavirus have at least one of the following symptoms:



Fever



New cough



Loss of taste or smell

- **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 3 or more coughing episodes in 24 hours (if you usually have a cough, it may be worse than usual)
- **a loss or change to your sense of smell or taste** - this means you've noticed you cannot smell or taste anything, or things smell or taste different to normal

If you or any of your family members have any of these symptoms:

1. **Stay at home (self-isolate)** – do not leave your home or have visitors. Anyone you live with, and anyone in your support bubble, must also self-isolate.
2. **Get a test** – get a test to check if you have coronavirus **as soon as possible**. Anyone you live with, and anyone in your support bubble, should also get a test if they have symptoms.

There are two ways of getting a test:

- book an appointment at a drive-through or walk-through test site
- ask for a home test kit at <https://www.nhs.uk/ask-for-a-coronavirus-test> – this will be delivered to your home. If you get a home test kit, you will need to do the test and return the kit in the next 48 hours. You will be told how to do this.