

## **Check if you or your child have coronavirus symptoms**

**If you have any of the main symptoms of coronavirus (COVID-19), get a test as soon as possible. Stay at home until you get the result.**

### **Main symptoms**

The main symptoms of coronavirus are:

**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

### **What to do if you have symptoms**

If you have any of the main symptoms of coronavirus:

**Get a test to check if you have coronavirus as soon as possible.**

**Stay at home and do not have visitors until you get your test result** – only leave your home to have a test.

**Anyone you live with, and anyone in your support bubble, must also stay at home until you get your result.**

### **How to get your test**

**<https://www.nhs.uk/conditions/coronavirus-covid-19/>**

**or phone 119 for advice**

**If you have been sent home as a close contact of somebody suspected of having Covid-19, You MUST self-isolate for 14 days or until you have been informed that the person tested negative.**

**If someone in your household or support bubble has been in contact with someone who has tested positive for covid-19. That person MUST self-isolate for 14 days. You may be feeling well but it is essential you follow this advice.**

If you live with other people, they do not need to self-isolate, but they should avoid contact with you as far as possible and follow advice on hygiene.

If you have any queries please go to this website

**<https://www.nhs.uk/conditions/coronavirus-covid-19/>**