

COVID19

COVID 19 is a new illness caused by a virus called coronavirus. It affects an individual's lungs and airways. Symptoms can include a high temperature and a new, continuous cough.

As it is a new illness, we are continuously learning more about it and it is important to realise that advice and guidance may alter and adapt over time. Therefore, the best way to find up-to date information about symptoms, social distancing, isolation and much more, is to access a reliable website such as:

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

and

Public Health England: <https://www.gov.uk/coronavirus>

If you think you may have coronavirus symptoms

- Follow the government guidance on self isolation:
 - <https://www.gov.uk/government/publications/covid-19-stay-at-home-guidance/stay-at-home-guidance-for-households-with-possible-coronavirus-covid-19-infection>
- Do not go to a GP surgery, pharmacy or hospital
- You do not need to contact 111 to tell them you are staying home
- If you can't cope at home with your symptoms, your condition gets worse or you still have symptoms after 7 days use the NHS 111 on-line service: <https://111.nhs.uk/covid-19> .
 - If you do not have internet access, call 111 or for a medical emergency dial 999
- For further current advice you can visit the NHS or the Governments' Public Health England websites- the links can be found above