



Coronavirus Isolate your household Stay at home

If you or anyone in your household has a high temperature or a new and continuous cough – even if it's mild

- Everyone in your household must stay at home for 14 days and keep away from others.
- **DO NOT** go to your GP or hospital.
- Go to NHS.UK to check your symptoms and follow the specialist medical advice. Only call NHS 111 if you can't get online or your symptoms worsen.
- Protect older people and those with existing health conditions by avoiding contact.

Find out how to isolate your household at **nhs.uk/coronavirus**



