

# Stay at home if you have coronavirus symptoms

Stay at home for 7 days if you have either:

- A high temperature (above 37.8 degrees)
- A new continuous cough

**Do not go to a walk in centre, GP surgery, pharmacy or hospital.** You do not need to contact **111** to tell them you're staying at home.

## **URGENT ADVICE**

Use the NHS 111 online coronavirus service if:

- You feel you cannot cope with your symptoms at home
- Your condition gets worse
- Your symptoms do not get better after 7 days

**Only call 111 if you cannot get help online.**