

What happens if someone in your family gets sick?



People may be able to pass on coronavirus without showing any symptoms

The person with the symptoms should stay in a well-ventilated room with a window that can be opened, and keep away from other people in the home.

People are being advised not to ring NHS 111 or their GP to report their symptoms unless they are worried.

What is self-isolation?

If you show symptoms of coronavirus - such as a dry cough and high temperature - you must take extra precautions.

You should **stay at home** and if possible, not leave it for any reason, other than to exercise (staying a safe distance from others).

This is known as **self-isolation**.

If possible, you should not go out even to buy food or other essentials. If you are unable to get supplies delivered, you should do what you can to limit social contact when you do leave the house.

Who should self-isolate?

Everyone who shows coronavirus symptoms - a fever of above 37.8C, a persistent cough or breathing problems - and everyone who lives in the same house or flat as someone with symptoms.

- If you live alone, you must stay at home for seven days from the day symptoms start
- If you, or someone you live with, develop symptoms, the entire household needs to isolate for 14 days to monitor for signs of Covid-19
- If someone else does become ill during that period, their seven-day isolation starts that day. For example, it might run from day three to day 10 - when that person's isolation would then end. It would not restart if another member of the household fell ill
- But anyone who fell ill on day 13 would have to start a separate seven-day isolation from that day (meaning they would spend a total of 20 days at home)