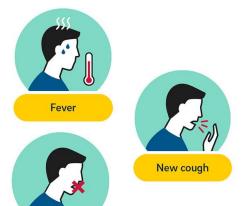
## What to do if you think you have Coronavirus

## Most people with coronavirus have at least one of the following symptoms:



- 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

## If you or any of your family members have any of these symptoms:

- **1. Stay at home (self-isolate)** do not leave your home or have visitors. Anyone you live with, and anyone in your support bubble, must also self-isolate.
- **2. Get a test** get a test to check if you have coronavirus **as soon as possible**. Anyone you live with, and anyone in your support bubble, should also get a test if they have symptoms.

## There are two ways of getting a test:

- book an appointment at a drive-through or walk-through test site
- ask for a home test kit at <a href="https://www.nhs.uk/ask-for-a-coronavirus-test">https://www.nhs.uk/ask-for-a-coronavirus-test</a>

  this will be delivered to your home. If you get a home test kit, you will need to do the test and return the kit in the next 48 hours. You will be told how to do this.





