

COVID-19 (coronavirus)

If you have a:

- **high temperature**
- and/or
- **new continuous cough**

**Everyone in your household
must stay at home for 14 days**

Do **not** go to a GP surgery, pharmacy or hospital.

You can ring NHS 111 for information or advice and they will help you decide if you need to contact your GP.

Calling your GP directly is only necessary if you have:

- an existing health condition
- problems with your immune system
- very serious symptoms

If it is a medical emergency and you need to call an ambulance, dial 999 and inform the operator of your symptoms.

**For further information and self-isolation advice, visit
www.pha.site/coronavirus**