

CORONAVIRUS (COVID-19)

Self-isolation at home

If you, or a member of your household develop any of these symptoms: **New, continuous cough OR high temperature** you will need to isolate for different periods of time



HM Government



CITY OF WOLVERHAMPTON COUNCIL

a high temperature –
this means you feel hot to touch on your chest or back (you do not need to measure your temperature)

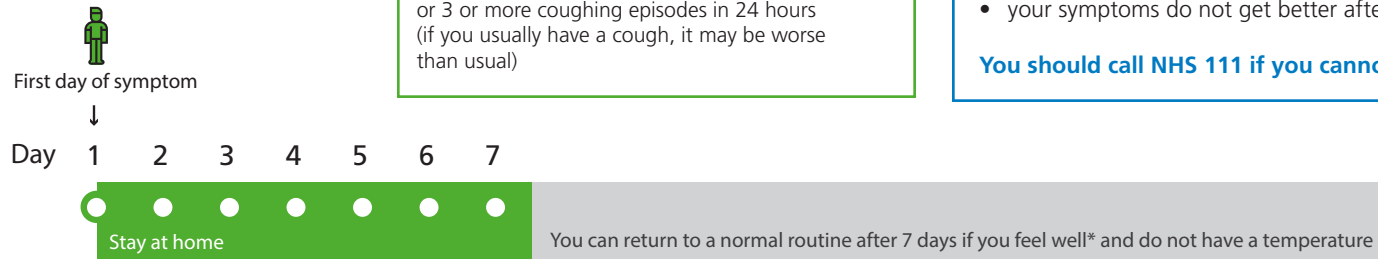
a new, continuous cough –
this means coughing a lot for more than an hour, or 3 or more coughing episodes in 24 hours (if you usually have a cough, it may be worse than usual)

You should use the NHS 111 online Coronavirus service if:

- you think you cannot cope with the symptoms at home
- your symptoms get worse
- your symptoms do not get better after 7 days

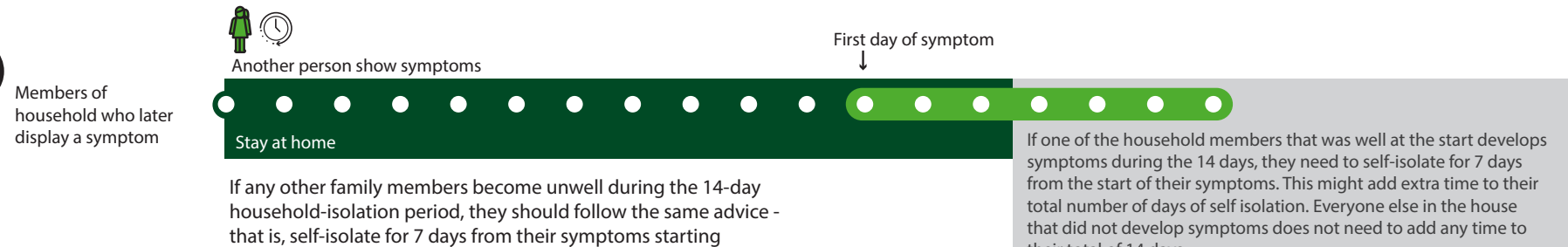
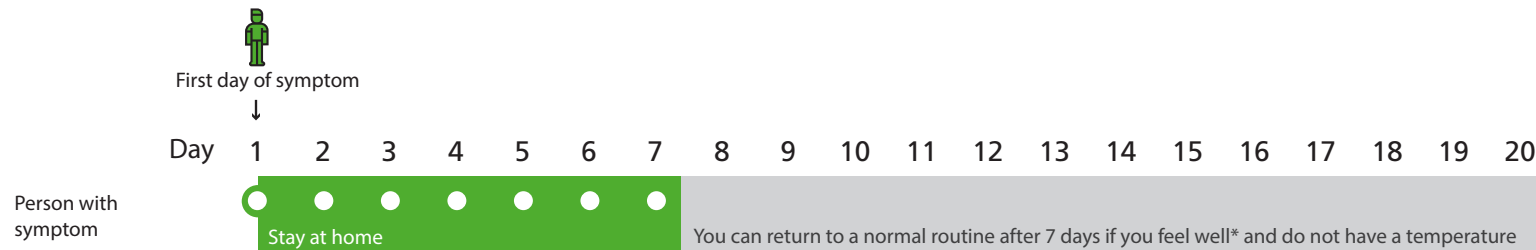
You should call NHS 111 if you cannot get help online

If you live alone



You should stay at home for 7 days from when you first develop a symptom

If you live with other people



* A cough may persist for several weeks in some people, despite the coronavirus infection having cleared.

A persistent cough alone does not mean you must continue to self-isolate for more than 7 days - if you feel well enough and do not have a temperature you can return to a normal routine.