

Corona Virus Update from Public Health England

13th March 2020

This is the latest advice we have had from Public Health England

If your child presents with any of the symptoms please follow the guidance and if you are concerned please contact NHS direct 111

If your child has any medical conditions, please consult your G.P or Health Care Professional that they may see regularly for advice.

Symptoms

The most common symptoms of coronavirus (COVID-19) are recent onset of:

- new continuous cough and/or
- high temperature

For most people, coronavirus (COVID-19) will be a mild infection

Key messages

- if you have symptoms of coronavirus infection (COVID-19), however mild, stay at home and do not leave your house for 7 days from when your symptoms started. (See Ending Isolation section below for more information)
- this action will help protect others in your community whilst you are infectious.
- plan ahead and ask others for help to ensure that you can successfully stay at home.
- ask your employer, friends and family to help you to get the things you need to stay at home.
- stay at least 2 metres (about 3 steps) away from other people in your home whenever possible.
- sleep alone, if that is possible.
- wash your hands regularly for 20 seconds, each time using soap and water.
- stay away from vulnerable individuals such as the elderly and those with underlying health conditions as much as possible.
- you do not need to call NHS111 to go into self-isolation. If your symptoms worsen during home isolation or are no better after 7 days contact [NHS 111 online](#). If you have no internet access, you should call NHS 111. For a medical emergency dial 999.

Who this guidance is for?

This advice is intended for people with symptoms of coronavirus (COVID-19), including those with a diagnosis of coronavirus (COVID-19) infection, who must remain at home until they are well.

Will I be tested if I think I have COVID-19?

We will not be testing those self-isolating with mild symptoms. The following advice is designed to help people prevent the spread.

Why has the advice on self-isolation changed from 14 days to 7 days?

The 14 day period is for those who have had exposure to a confirmed case but have not shown symptoms. The 14 days represents the potential incubation period (the time it takes for symptoms to show if you have been infected). Most people will no longer be likely to transmit the virus 7 days after the onset of symptoms. You do not need to call NHS111 to go into self-isolation. If your symptoms persist past 7 days you should contact NHS 111 online at 111.nhs.uk. If you have no internet access, you should call NHS 111.

The full document can be accessed using the link below.

<https://www.gov.uk/government/publications/covid-19-stay-at-home-guidance/stay-at-home-guidance-for-people-with-confirmed-or-possible-coronavirus-covid-19-infection>