

# Stay at home advice

## Coronavirus (COVID-19)

Overview (Link: [www.nhs.uk/conditions/coronavirus-covid-19/](http://www.nhs.uk/conditions/coronavirus-covid-19/))

- **Stay at home advice**

## How long to stay at home if you have symptoms

Anyone with symptoms should stay at home for at least 7 days.

If you live with other people, they should stay at home for at least 14 days, to avoid spreading the infection outside the home.

After 14 days, anyone you live with who does not have symptoms can return to their normal routine.

But, if anyone in your home gets symptoms, they should stay at home for 7 days from the day their symptoms start. Even if it means they're at home for longer than 14 days.

If you live with someone who is 70 or over, has a long-term condition, is pregnant or has a weakened immune system, try to find somewhere else for them to stay for 14 days.

If you have to stay at home together, try to keep away from each other as much as possible.

## If you still have symptoms after 7 days

After 7 days, if you no longer have a high temperature you can return to your normal routine.

If you still have a high temperature, stay at home until your temperature returns to normal.

If you still have a cough after 7 days, but your temperature is normal, you do not need to continue staying at home. A cough can last for several weeks after the infection has gone.

## Use the NHS 111 online coronavirus service if:

- you feel you cannot cope with your symptoms at home
- your condition gets worse
- your symptoms do not get better after 7 days

➔ Use the 111 coronavirus service (Link: <https://111.nhs.uk/covid-19/>)

Only call 111 if you cannot get help online.

## Tips for staying at home

It's important to stay at home to stop coronavirus spreading.

### Do

- ✓ try to keep at least 2 metres (3 steps) from other people in your home, particularly people over 70, or those with long-term health conditions
- ✓ ask friends, family and delivery services to deliver things like food shopping and medicines but leave them outside
- ✓ sleep alone, if possible
- ✓ regularly wash your hands with soap and warm water for at least 20 seconds
- ✓ drink plenty of water and take everyday painkillers, such as paracetamol and ibuprofen, to help with your symptoms

### Don't

- ✗ do not have visitors (ask people to leave deliveries outside)
- ✗ do not leave your home, for example to go for a walk, to school or to public places

home-guidance-for-households-with-possible-coronavirus-covid-19-infection).

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