

Coronavirus (COVID-19) Symptoms and Preventative Actions

Symptoms:

- **Raised temperature, above 38 °C**
- **A fever and night sweats**
- **A new continuous cough, normally dry, but not necessarily**
- **Shortness of breath**
- **Sometimes a loss of smell and taste**

Preventative actions:

- **Restrict movements. Stay at home where possible**
- **Only go outside for food shopping; travel to work if absolutely necessary; one form of exercise (for a maximum of an hour a day); any medical emergency**
- **Keep safe distance from others in public places (2 metres minimum)**
- **Wash hands frequently for 20 seconds**
- **Do not touch your eyes, nose, or mouth**
- **Cover mouth with tissue (or sleeve) when coughing or sneezing.**
- **Dispose of tissues immediately**
- **Clean and disinfect frequently touched surfaces such as door handles, and taps**
- **Clean hands immediately after opening mail or returning home after exercise**
- **Do NOT visit family or friends, particularly those over 70 years**

If you believe you have contracted the virus:

- **Self-isolate at home, in one room, if necessary**
- **Keep isolated for minimum 7 days, but 14 if possible.**
- **If symptoms persist for more than 14 days, contact local health advisory service**