

Management of COVID-19 (Coronavirus) at home

An information guide



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- There is currently **no** specific treatment for coronavirus.
- Antibiotics **do not** help, as they do not work against viruses.
- Treatment aims to relieve the symptoms while your body fights the illness.
- You'll need to stay in **isolation**, away from other people, until you have recovered.

Why staying at home is very important

It is very important that individuals with symptoms that may be due to coronavirus and their household members stay at home. Staying at home will help control the spread of the virus to friends, the wider community, and particularly the most vulnerable.

Those with symptoms and living alone should remain at home for 10 days after the onset of their symptoms (see ending self-isolation below). This will reduce the risk of you infecting others.

If you live with others and you or one of them have symptoms that may be caused by coronavirus, then household members must stay at home and not leave your house for 10 days (more information in the ending self-isolation section below).

If possible, you should not go out even to buy food or other essentials, other than exercise, and in that case at a safe distance from others. The 10-day period starts from the day when the first person in your house became ill.

If not possible, then you should do what you can to limit your social contact when you leave the house to get supplies.

It is likely that people living within a household will infect each other or may already be infected. Staying at home for 10 days will

greatly reduce the overall amount of infection the household could pass on to others in the community.

Staying at home may be difficult and frustrating, but there are things that you can do to help make it easier.

These include:

- Plan ahead and think about what you will need in order to be able to stay at home for the full 10 days
- Talk to your employer, friends and family to ask for their help to access the things you will need to make your stay at home a success
- Think about and plan how you can get access to food and other supplies such as medications that you will need during this period
- Ask friends or family to drop off anything you need or order supplies online, but make sure these are left outside your home for you to collect
- Make sure that you keep in touch with friends and family over the phone or through social media
- Think about things you can do during your time at home. People who have successfully completed a period of staying at home have kept themselves busy with activities such as cooking, reading, online learning and watching films
- Many people find it helpful to plan out the full 10 days, such as on a make-shift calendar. You may also find it helpful to plan in advance what you will do if, for example, someone in the household were to feel much worse, such as have difficulties breathing
- When you are feeling better, remember that physical exercise can be good for your wellbeing. Look for online classes or courses that can help you take light exercise in your home

What you can do to help yourself get better

Drink water to keep yourself hydrated; you should drink enough during the day so your urine (pee) is a pale clear colour.

You can use over-the-counter medications, such as paracetamol, to help with some of your symptoms. Use these according to the instructions on the packet or label and do not exceed the recommended dose.

If you or your family need to seek medical advice

Seek prompt medical attention if your illness or the illness in any household members is worsening. If it's not an emergency, contact NHS 111 online. If you have no internet access, you should call NHS 111.

If it is an emergency and you need to call an ambulance, dial 999 and inform the call handler or operator that you or your relative have coronavirus symptoms.

All routine medical and dental appointments should usually be cancelled whilst you and the family are staying at home.

If you are concerned or have been asked to attend in person within the period you are home isolating, discuss this with your medical contact first (for example, your GP, local hospital or outpatient service), using the number they have provided.

If your concerns are related to your coronavirus symptoms contact NHS 111 online. If you have no internet access, you should call NHS 111.

Ending self-isolation and household-isolation

Self-isolation

If you have been symptomatic, then you may end your self-isolation after 10 days. The 10-day period starts from the day when you first became ill

Household isolation

If living with others, then all household members who remain well may end household-isolation after 10 days. The 10-day period starts from the day illness began in the first person to become ill. Ten days is the incubation period for coronavirus; people who remain well after 10 days are unlikely to be infectious.

After 10 days, if the first person to become ill feels better and **no longer** has a high temperature, they can return to their normal routine.

If any other family members become unwell during the 10-day household-isolation period, they should follow the same advice - that is, after 10 days of their symptoms starting, if they feel better and no longer have a high temperature, they can also return to their normal routine.

Should a household member develop coronavirus symptoms late in the 10-day household-isolation period (for example, on day 9 or day 10) the isolation period does not need to be extended, but the person with the new symptoms has to stay at home for 10 days.

The 10-day household-isolation period will have greatly reduced the overall amount of infection the rest of the household could pass on, and it is not necessary to restart 10 days of isolation for the whole household. This will have provided a high level of community protection. Further isolation of members of this household will provide very little additional community protection.

At the end of the 10-day period, any family member who has not become unwell can leave household isolation.

If any ill person in the household has not had any signs of improvement and have not already sought medical advice, they should contact NHS 111 online. If your home has no internet access, you should call NHS 111.

The cough may persist for several weeks in some people, despite the coronavirus infection having cleared. A persistent cough alone does not mean someone must continue to self-isolate for more than 10 days.

Further information

For further up to date information please go to the Public Health England webpage:

<https://www.gov.uk/government/topical-events/coronavirus-covid-19-uk-government-response>

If English is not your first language and you need help, please contact the Interpretation and Translation Service

Jeśli angielski nie jest twoim pierwszym językiem i potrzebujesz pomocy, skontaktuj się z działem tłumaczeń ustnych i pisemnych

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For general enquiries please contact the Patient Advice and Liaison Service (PALS) on 0161 604 5897

For enquiries regarding clinic appointments, clinical care and treatment please contact 0161 624 0420 and the Switchboard Operator will put you through to the correct department / service

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