



**WASH**

**COVER**

**AVOID**

**CLEAN**

# COVID-19 (CORONAVIRUS)

## Patient Information

**PLEASE MAKE SURE THAT YOU READ THIS INFORMATION AND SHARE IT WITH ANYONE LOOKING AFTER YOU**

Following your recent GP appointment you have been advised that you may be suffering from COVID-19, also known as Coronavirus. This information will help you to look after yourself, avoid spreading the virus to others and give you further information about when you should call for additional help or advice.

**IT IS IMPORTANT THAT YOU FOLLOW THESE INSTRUCTIONS**

**If you have any of the following, please call your GP or 111:**

- **Breathlessness:** if this is severe or getting gradually worse.
- **Confusion:** if you are confused or irrational and not making sense to those around you.
- **Excessive sleepiness:** sleeping more when you are unwell is not unusual, but this can be a sign that your oxygen levels are getting too low. If you are increasingly drowsy, or it is difficult for others to rouse you please call.

**Monday to Friday 0800 – 1830: CALL YOUR GP**

**ALL OTHER TIMES: CALL 111 or 999**

### What to Expect

Expect to be unwell for around 4 to 5 days. Symptoms include a persistent dry cough, a high temperature, exhaustion, muscle aches and pains, chest discomfort and tightness, diarrhoea and loss of smell and/or taste.

- Most people (8 out of 10) will then get better, but may feel unusually tired for up to a month.
- **IMPORTANT: 2 out of 10 people are likely to get worse usually around, or after, day 5 of their illness. If this is the case you should call your GP or 111 again.**

### Treatment

- Drink plenty of water and eat healthily to maintain your fluid intake and energy levels.
- Use paracetamol to relieve your symptoms. Do not use ibuprofen or other anti-inflammatories unless instructed to do so by a doctor.
- Strictly follow the self-isolation guidance.