

Coronavirus

A guide to getting medical help

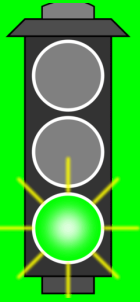


Coronavirus - what to look for

- A new cough that does not go away
- A fever or high temperature
- Difficulty breathing

If you or someone you live with gets **Coronavirus** this is what to do

You have a new cough



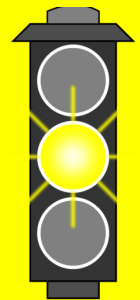
and / or

You have a fever or high temperature

Stay at home for at least 7 days

- Rest. Have lots of drinks. Water is good, avoid alcohol.
- Take a painkiller. You could take paracetamol or ibuprofen. Follow the instructions on the packet. Do not take too many.
- Do not take these painkillers if a medical person has told you not to.
- If you live alone, tell someone you are ill so they can check on you each day.

You start to find it hard to breath



or

You are still ill after 7 days

Call NHS 111

Tell them you think you have Coronavirus

Ask for help

- They will tell you what to do
- You might need to go to hospital
- Have a bag ready to take
- Make sure you have your hospital passport

It is very hard to breath

or

You feel very hot or very cold and shivery

You vomit or feel sick

You faint or collapse

Your heart is beating very fast

Your breathing is very fast or you feel out of breath

You feel confused or are doing odd things

You are not able to wee or have not been all day

This is an emergency – call 999

Do not wait

- Tell them you think you have Coronavirus and you are worried about Sepsis
- You are likely to go to hospital
- Have a bag ready to take
- Make sure you have your hospital passport



Have a hospital bag ready

In an emergency you may not have time to get this ready

Make sure your hospital passport is up to date



Essex County Council

In your hospital bag should be:

- Your COVID 19 Grab and Go sheet if you have one
- Your hospital passport. Make sure you include the name and telephone number of the person you want the hospital to tell that you are in hospital.
- Your medication – the tablets or liquids you take.
- Other important documents about your care choices.
- Your headphones and a playlist of favourite music
- Your phone and charger
- Toothbrush, soap and towel
- A change of clothes or pyjamas

REMEMBER

Most people who get Coronavirus get well again



If you are a carer, and the hospital allows you to come with the person, you will need a bag too.

Make sure you bring money to buy food and drink as you won't be given anything.

What the words mean

Coronavirus (COVID 19)	Coronavirus (COVID-19) is a new illness that affects your lungs and breathing.
Sepsis	This is when the body reacts badly to an infection. People can become unwell very quickly and need to get treatment in hospital. If people do not get treatment they can die.
Fever or high temperature	A fever is when your body temperature becomes too high. You may feel hot and clammy, or you may feel cold and shivery. Feeling like this is all you need to know you have a high temperature. You can take your temperature with a thermometer if you have one. If it says your temperature is higher than 37.8 you have a high temperature or fever.
Painkillers	Painkillers are medicines that help stop pain. They also help lower your temperature. This is important if you have a fever or high temperature.
Difficulty breathing	This is sometimes called being 'short of breath'. You find it hard to breath in and out. You feel you are not getting enough air into your body. This can make you feel worried or anxious.
Important documents about your care	These are documents that tell the hospital what you have decided about your care, or who can make these decisions. They include – A DNACPR form – which says you do not want to be resuscitated. An Advanced Directive – which says what you want to happen if you become very ill and can't tell people. A Power of Attorney form – which says who can make decisions for you.



If you have an accident or feel unwell and it is not because of Coronavirus you should still get medical help in the way you usually do.