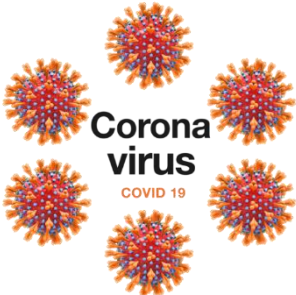







Stay at home: What to do if you or someone in your household has symptoms of coronavirus or has been told they have coronavirus after having a test




November 2020

	<p>Coronavirus is a new illness.</p> <p>Some people call it COVID-19.</p> <p>Coronavirus can affect your lungs and your breathing.</p>
<h3>Who this guidance is for</h3>	
	<p>People who have symptoms of coronavirus even if they have not had a test.</p>

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 	<p>People who have been told they have coronavirus after having a test, even if they have no symptoms.</p> <p>People who live with others who have symptoms or have been told they have coronavirus.</p>
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What is a household?

  	<p>One person living alone.</p> <p>A group of people living together who share rooms like kitchens, bathrooms or living rooms.</p> <p>A support bubble.</p>
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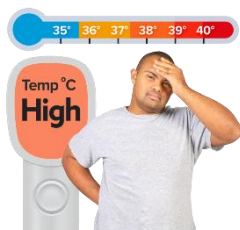
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If you have been close to a person **not in your household** who has symptoms of coronavirus or has had a test saying they have coronavirus, there is different guidance.

You can get it by clicking [here](#).

Symptoms of coronavirus



Symptoms of coronavirus are:

- a high temperature (your back or chest feel hot to touch)
- a new cough where you keep on coughing. This means coughing a lot for more than an hour or coughing more than 3 times in a day
- losing, or a change to, your sense of smell or taste

If you have any of these symptoms you should stay home and arrange a test.

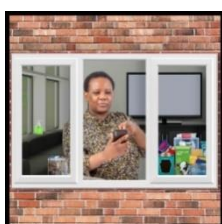
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If you can go on the internet, you can find out how to arrange a test by clicking [here](#).

If you have problems using the internet, you can ask for a test by phoning **119**.

What to do if you have symptoms of coronavirus



There are things we all need to do to stop coronavirus spreading.

One of these is staying at home and away from other people.

It may be hard for people in the same household to stay away from each other, but everyone must still do their best to follow this guidance.

If you have symptoms of coronavirus, you must:

- stay at home and away from other people for **10 days** from when you first felt poorly
- arrange to have a test if you have not had one
- stay at home while you are waiting to have your test

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If the test says you have coronavirus



If the test says **you have** coronavirus, you must:

- stay home and away from other people for 10 days from when you first started feeling poorly, or when your test was taken
- [NHS Test and Trace](#) will contact you by text or phone and ask you for contact details of people you have been close to

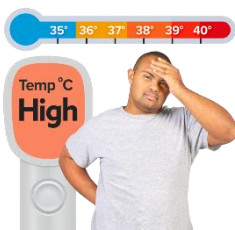
It is very important you try your best to tell them. This will help keep everyone safe.

If you tell a lie on purpose about the people you have been close to, you will be breaking the law.

If the test says you do not have coronavirus

If the test says **you do not have** coronavirus, you and your household do not need to stay home, as long as:

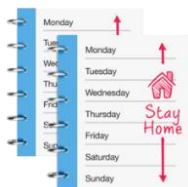
- you have no symptoms
- no one else in your household has symptoms
- NHS Test and Trace has not told you to stay home
- you have not come back in the last 14 days from a country where lots of people have coronavirus



If your temperature is still high after 10 days, ask for advice from the NHS.

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If you live in the same household as someone with coronavirus



Self-isolate for 14 days



Stay at home for 14 days from the first day they had symptoms or had their test.

If you don't have symptoms, you do not need to have a test.

Only arrange a test if you start feeling poorly or if you are contacted and told to have a test.

If you start feeling poorly and have a test that says you have coronavirus, you must start your staying at home time again.

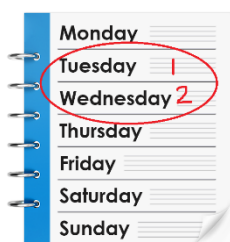
You must stay at home and away from other people for another 10 days from the day you first felt poorly.

If the NHS contacts you and says you have been close to someone who has had a test saying they have coronavirus, you must follow the advice they give you.

If you don't, you could be fined. This means you would have to pay money for breaking the rules.

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How coronavirus is spread



Coronavirus spreads:

- from one person to another
- through the air
- when people touch things someone with coronavirus has coughed or sneezed on

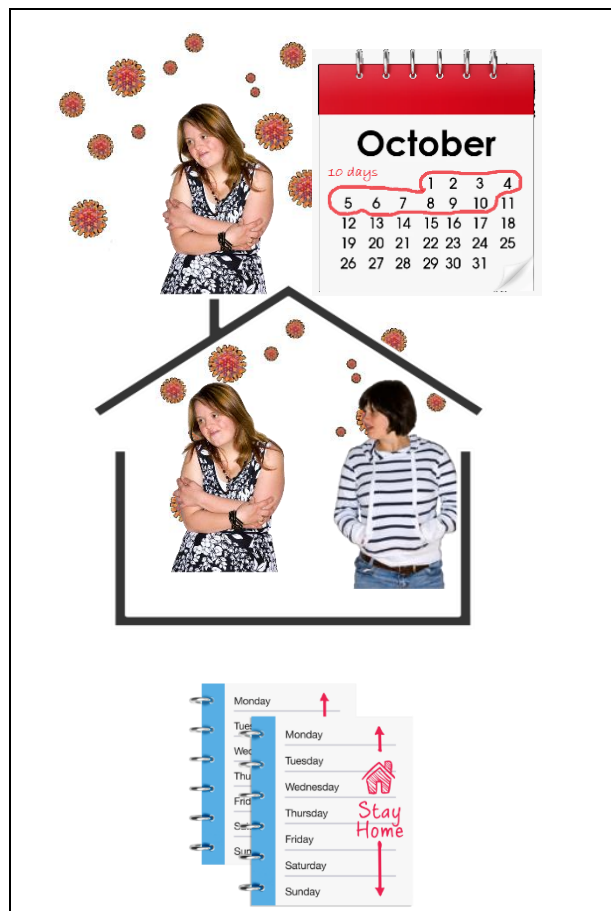
Coronavirus spreads the most:

- when people are close to each other
- in indoor places that have no fresh air
- when people spend time in the same room

Some people who have coronavirus never have any symptoms, but they can still give it to others.

People can give coronavirus to others for up to 2 days before they start feeling poorly.

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They can still give it to others for 10 days after when they first started feeling poorly.

If you live in the same house as someone who has coronavirus, there is a big chance you might catch it in the next 14 days.

This is why it is important to stay at home and away from other people.

How to stop coronavirus spreading



There are things everyone should do to try to stop the virus spreading.



Wash your hands for at least 20 seconds

- ✓ do this lots of times during the day
- ✓ use soap and water or hand sanitiser (gel)

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	<p>✓ always cough and sneeze into a tissue. If you don't have a tissue, cough or sneeze into the crook of your elbow</p>
	<p>✓ then throw the tissue away and wash your hands</p>
	<p>✓ if you have been told you have coronavirus after having a test or have symptoms of coronavirus, think about wearing a face covering in areas of your house you share with others</p>
<p>Other things you should do</p>	
	<p>✓ stay out of shared spaces like kitchens, sitting rooms and bathrooms as much as possible</p>
	<p>✓ if you use the same bathroom, let others use it first and clean it each time after you use it</p>

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	<p>✓ use different towels</p>
	<p>✓ take meals back to your room to eat</p>
	<p>✓ wipe all surfaces you have touched such as:</p> <ul style="list-style-type: none">• door handles• handrails• remote controls• tabletops <p>Use household cleaner</p>
	<p>✓ let fresh air into your room by opening the window</p>
	<p>✗ try not to touch your eyes, nose or mouth</p> <p>For advice from Germ Defence on how to keep your home safe from coronavirus, click here.</p>

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Looking after your feelings



Staying at home and away from other people can be hard.



To stay fit and healthy, it is important that you look after your feelings as well as your body.



Ask for support if you need it.



Think about things you can do at home during your time staying at home and away from other people.



Talk to friends and family on the phone or online.



Exercise in your home or in your garden if you feel well enough.



For advice about looking after your feelings during the coronavirus outbreak, click [here](#).



For advice about supporting children and young people, click [here](#).

What to do in an emergency or if you start feeling worse



Health and care services are still there to help you.

Most people who get coronavirus just feel a bit poorly and get better at home.

If you can go on the internet to see information about how to look after yourself at home, click [here](#).

If you, or anyone you live with, doesn't think you can look after yourself at home or start feeling worse, phone 111.

If you can go on the internet, you can find out more about NHS 111 by clicking [here](#).

In an emergency, phone 999.

Help with getting the things you need



Ask friends or relatives for help with things like shopping, getting medicines or walking the dog.



You can also arrange for food and medication to be delivered to your home.



Tell people delivering things to your home to leave them outside and let you know they are there.



They must not come into your home.



For more information on getting the things you need, click [here](#).

Work and money



If you have a job and can't go to work because of coronavirus, ask the Department for Work and Pensions for advice.

To find out what support you can get, click [here](#).

If you live in England, you might be able to get £500 to help, as long as you:

- have been asked to stay home by NHS Test and Trace
- you usually have a job and you can't do your job from home
- you are claiming certain benefits

You can find out more from your local council.

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Coronavirus and the law



If you are told by the NHS that you have coronavirus after having a test and you do not stay home and away from other people, you could get fined.



NHS Test and Trace will contact you by phone or email or text and ask you about where you have been and people you have been close to.



You must do your best to tell them everything you know. This is the law.



If you tell a lie on purpose about who you have been close to, you will be breaking the law and could get a fine.



Getting fined means you would have to pay money as punishment for breaking the law.

Fines start at £1,000.

The pictures in this summary are from Photosymbols: <https://www.photosymbols.com/>