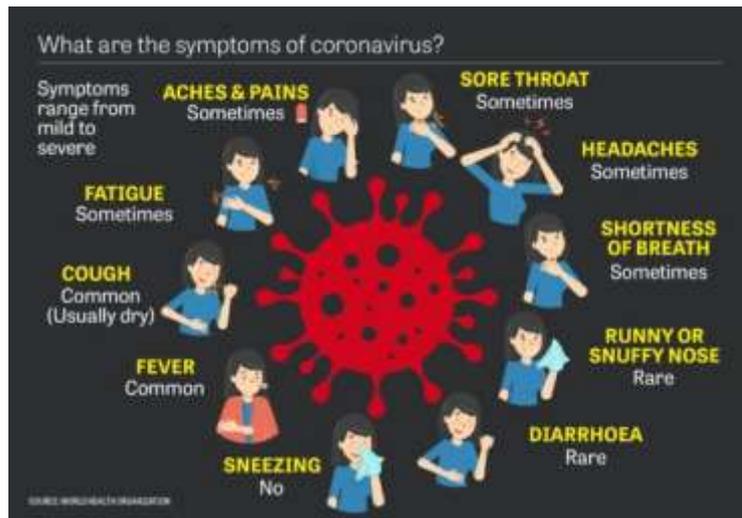


Beaconsfield Road Group Practice

10 Top Tips for managing COVID 19 (Corona virus) at home – suspected or proven

1. **Symptoms:** Any new (within last 7 days) continuous cough, fever or breathing difficulty may be due to Covid 19 and should be assumed it is. Hence early recognition of this possibility is crucial. The NHS doesn't test currently those that are generally well, and not seriously unwell.



2. **Don't panic:** Most people will be able to self-manage without contacting their GP or 111. Everyone needs to follow simple steps to reduce their symptoms and avoid infecting others.

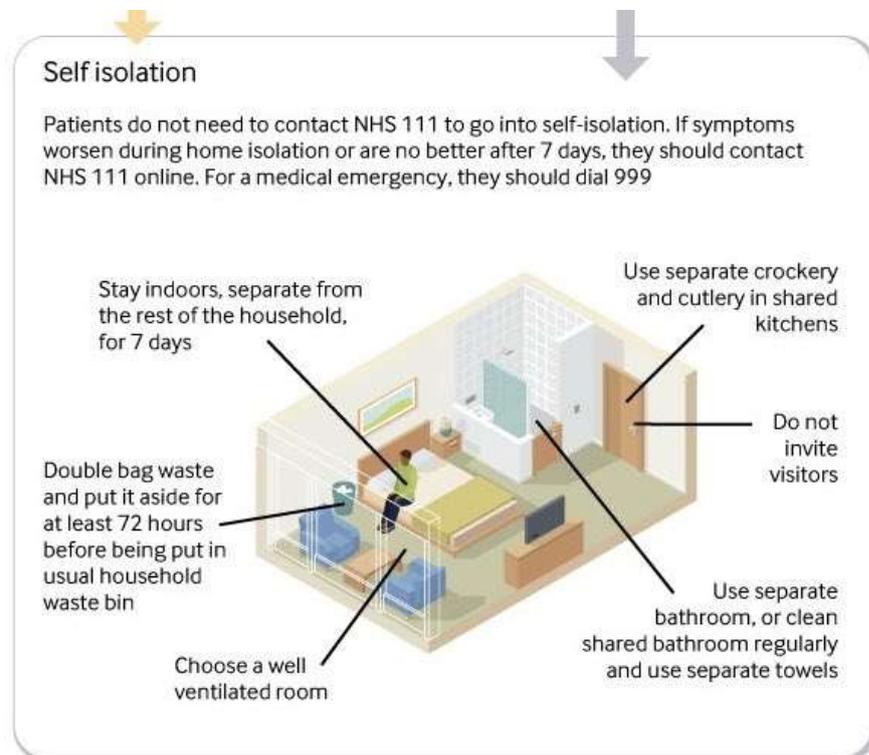


3. **Get educated:** NHS website <https://www.nhs.uk/conditions/coronavirus-covid-19/> is an extremely valuable resource and will help deciding what you should do, and assess your symptoms. It has the most up-to-date advice from the government and the NHS. If you feel:
- you cannot cope with your symptoms at home
 - your condition gets worse
 - your symptoms do not get better after 7 days

Use the 111-coronavirus service: <https://111.nhs.uk/covid-19/>

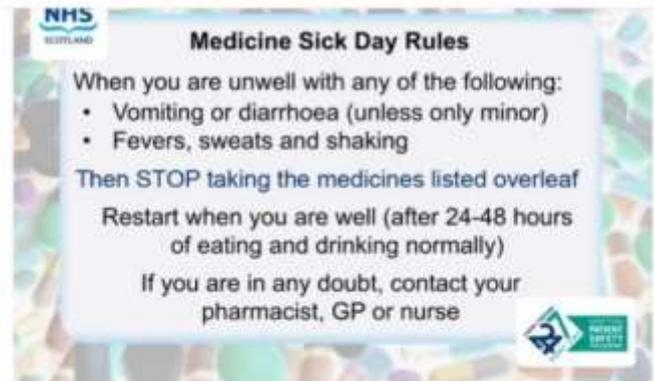
*Only call 111 if you cannot get help online.

4. **Self-isolate:** stop the virus from spreading by self-isolating for 7 days from the onset of symptoms and follow advice from NHS sources on how to do this. This will stop your friends and family from getting the infection, and this is especially important if you are over 70, and have a underlying condition e.g COPD, diabetes, Asthma, Heart disease, Cancer - no matter what age.



5. **Rest, paracetamol and fluids** are crucial especially with fever – aim for a minimum of 10 x 300ml mugs of fluid a day. Avoid alcohol. Water, diluting juice or fruit juice are ideal. Aim for regular clear or mildly yellow urine and to be able to pee every 4 hours except when asleep at night. If you have not passed urine for over 4 hours, have dark yellow urine, feel thirsty or dizzy on standing, then there is a high chance that you are dehydrated and you need to drink lost more as a priority. <https://www.nhsinform.scot/campaigns/hydration>
6. **Food** is less important than fluids but keep having small meals or snacks as often as possible – if able to eat then have lots of fruit and vegetables as these will help your immune system fight the infection.

7. **“Sick-day rules”**: Stop certain medication - some drugs are unsafe when you are unwell, especially ones to lower blood pressure and anti-inflammatories:



8. **Get support**: call family, friends, neighbours, community members and ask to deliver supplies – but outside only and not enter in. People in the same house do not need to self-isolate if they have no symptoms but follow good hygiene measures.
9. **For children** follow advice from the excellent <http://www.urgentoremergency.co.uk/uploadedfiles/Images/FINAL%20BOOKLET%20-%20updated%20Feb%202017.pdf>
10. **If you still have symptoms after 7 days**: After 7 days, if you no longer have a high temperature you can return to your normal routine.

If you still have a high temperature, stay at home until your temperature returns to normal.

If you still have a cough after 7 days, but your temperature is normal, you do not need to continue staying at home. A cough can last for several weeks after the infection has gone.

