## **IMPORTANT UPDATE – 18 MARCH 2020**

**It has been announced by the UK/Scottish Government that as of 16 March anyone developing symptoms consistent with COVID-19, however mild, should stay at home for 7 days from the onset of symptoms as per existing advice.  In addition, it is now recommended that anyone living in the same household as a symptomatic person should self-isolate for 14 days.**

**The most common symptoms of COVID-19 are recent onset of:**

* **new continuous cough and/or**
* **high temperature**

**Information for the public on COVID-19, including stay at home advice for people who are self-isolating, can be found on**[**www.nhsinform.co.uk/**](http://www.nhsinform.co.uk/)

**Further, people are advised to take social distancing measures to help reduce the transmission of COVID-19. In particular, this is strongly advised for people aged 70 or over, people with underlying medical conditions and pregnant women. Further advice on these measures will be available on NHS Inform shortly.**

## **TOP 10 TIPS – LAST UPDATE 18 MARCH 2020**

1. **Early recognition** - any new (or onset within the last 7 days) continuous cough or fever is possible Coronavirus.
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. DO NOT go to the GP practice or A&E.
3. **Get educated** - NHS inform <https://www.nhsinform.scot/> will help you assess your symptoms. It is updated daily so has the most up to date advice as things keep changing. If you are short of breath (i.e. not able to walk upstairs or are having difficulty speaking in sentences) then phone your GP practice or 111. **Only phone 999 if you feel it is an emergency.**
4. **Rest, Paracetamol and fluids** - are crucial especially with fever - aim for a minimum of 10x 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 in over 4 hours, have dark yellow urine, feel thirsty or dizzy on standing then there is a high chance you are dehydrated and you need to drink lots more as a priority. <https://www.nhsinform.scot/campaigns/hydration>
5. **Food** - is less important than fluids - if able to eat then have lots of fruit and vegetables as these will help your immune system fight the infection.
6. **Stop certain medications** - some drugs are unsafe when you are unwell, especially ones to lower your blood pressure, and anti-inflammatories. Look at the ‘Sick Day Rules’ card for more information (below). Restart these medications 48 hours after you are eating and drinking normally.



1. **Get support** - call family/friends/community members and ask them to deliver supplies to your door.
2. **For children** - follow advice from the excellent “When Should I Worry” website at: <http://www.whenshouldiworry.com/resources/When%20should%20I%20worry-Booklet_Scotland-with%20111%20service_2016.pdf>
3. **Self-isolation** – see NHS inform. Contact the GP practice if you are not improving after 7 days.



1. **Self-certification** - you do not require a doctor's sickness certificate for any illness lasting seven days or less. Your employer may however require you to complete a self-certification form (SC2) which is available from your employer or you can complete this online at: <https://www.gov.uk/government/publications/statutory-sick-pay-employees-statement-of-sickness-sc2> - **DO NOT CONTACT THE PRACTICE FOR THIS FORM**.