

## Coronavirus – Care first Guidance in line with NHS Guidelines

### Stay at home if you have coronavirus symptoms

Stay at home if you have either:

- **a high temperature** – this means you feel hot to touch on your chest or back (you do not need to measure your temperature)
- **a new, continuous cough** – this means coughing a lot for more than an hour, or 3 or more coughing episodes in 24 hours (if you usually have a cough, it may be worse than usual)

To protect others, do not go to places like a GP surgery, pharmacy or hospital. Stay at home.

### Use the 111 online coronavirus service:

- if you have symptoms of coronavirus, you'll need to stay at home for 7 days
- if you live with someone who has symptoms, you'll need to stay at home for 14 days from the day the first person in the home started having symptoms

If you live with someone who is 70 or over, has a long-term condition, is pregnant or has a weakened immune system, try to find somewhere else for them to stay for 14 days.

If you have to stay at home together, try to keep away from each other as much as possible.

Read the NHS advice about staying at home and keep up to date with the Care first lifestyle website.

### REMEMBER

Reduce the impact and spread of misinformation by relying on information from trusted sources, such as that on [www.nhs.uk](http://www.nhs.uk), [www.nhsinform.scot](http://www.nhsinform.scot), [www.publichealth.hscni.net](http://www.publichealth.hscni.net), <https://gov.wales/coronavirus-covid-19> and [www.gov.uk](http://www.gov.uk)

Should you require emotional support regarding concerns for yourself, others, or loved ones who may be based overseas, if you are anxious about self-isolation, travelling, or not able to travel as planned e.g. to visit loved ones or to attend special occasions overseas, Care first BACP accredited Counsellors are available 24/7 to provide you with support in the moment.

Alternatively, Care first Information Specialists are able to provide advice for practical issues relating to Coronavirus; for example if you have concerns regarding employment, childcare, eldercare, finances, if you were due to travel and are concerned about cancelling your trip, or if you require practical advice regarding the virus the Information Specialists are able to signpost you to the government guidelines which are regularly updated -

Care first Information Specialists are available to provide practical advice 8am-8pm Monday-Friday.

## How to avoid catching and spreading coronavirus (social distancing)

Everyone should do what they can to stop coronavirus spreading.

### DO:

- wash your hands with soap and water often – do this for at least 20 seconds
- always wash your hands when you get home or into work
- use hand sanitizer gel if soap and water are not available
- cover your mouth and nose with a tissue or your sleeve (not your hands) when you cough or sneeze
- put used tissues in the bin immediately and wash your hands afterwards
- avoid close contact with people who have symptoms of coronavirus
- only travel on public transport if you need to
- work from home, if you can
- avoid social activities, such as going to pubs, restaurants, theatres and cinemas
- avoid events with large groups of people
- use phone, online services, or apps to contact your GP surgery or other NHS services

### DON'T:

- do not touch your eyes, nose or mouth if your hands are not clean
- do not have visitors to your home, including friends and family