

# IF YOU ARE FEELING UNWELL?



Do not go to Work, the GP Surgery, Pharmacy or Hospital

If you have a new continuous cough or high temperature you should self isolate for 7 days



Anyone living with someone who has symptoms should stay at home for 14 days in case symptoms develop

If symptoms worsen - use online 111 coronavirus service at [111.nhs.uk](https://111.nhs.uk)

