**Stay at home: guidance for people with confirmed or possible coronavirus (COVID-19) infection**

The most common symptoms of coronavirus (COVID-19) are recent onset of:

       new continuous cough and/or

       high temperature

For most people, coronavirus (COVID-19) will be a mild infection, this is particularly the case for children.

If you have symptoms of coronavirus infection (COVID-19), however mild, **do not leave your home for 7 days** from when your symptoms started this action will help protect others in your community while you are infectious.

You should plan ahead and ask others for help to ensure that you can successfully stay at home.

Ask your employer, friends and family to help you get the things you need to stay at home

Stay at least 2 metres (about 3 steps) away from other people in your home, if possible

Sleep alone, if possible

Wash your hands regularly for 20 seconds, each time using soap and water

Stay away from vulnerable individuals, such as the elderly and those with underlying health conditions, as much as possible

You do not need to call NHS 111 to go into self-isolation. If your symptoms worsen during home isolation or are no better after 7 days, contact [NHS 111 online](https://111.nhs.uk/). If you have no internet access, call NHS 111. For a medical emergency dial 999.

Public Health

Halton Borough Council