



## What should I do if I think I have Covid-19?

COVID-19 is a virus which causes a type of illness.

COVID-19 may also be referred to as coronavirus, novel coronavirus or SARS-CoV-2.

If you have a:

- High temperature
- Cough that will not go away
- A loss or change to your sense of smell or taste

- you should stay at home and try to stay away from other people. This is called self-isolation.

You will need to stay at home for 10 days and you may request a test through the [Test and Protect Service](#).

You should not go to the doctors if you think you have Covid-19.

### You should phone 111 if:

- You begin to find it difficult to breathe
- You feel more unwell
- You are not better after 7 days

They will decide whether you need to go to hospital or whether you need medication.

