

What should I do if someone at home thinks they have Covid-19?

If someone at home has a:

- High temperature
- Cough that will not go away
- Loss or change to their sense of smell or taste

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

They will need to self-isolate for 10 days, and they may request a test through the [Test and Protect Service](#). They should try and stay away from other people in their household.

You will also need to stay at home for 14 days. The reason for this is sometimes you can have Covid-19 without realising and may not show symptoms until later on.

If you develop symptoms during self-isolation, such as a:

- High Temperature
- Cough that will not go away
- Loss or change to your sense of smell or taste

- you must restart your self-isolation and stay at home for a further 10 days, starting from the first day you started to have symptoms. You may also want to request a test through the [Test and Protect Service](#).

If you are worried about taking the test, please see our resources on [Test and Protect](#).

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

You should phone NHS 24 on 111 if:

- You begin to find it difficult to breathe
- You feel more unwell
- You are not better after 10 days

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

