

Taking Care of Yourself and Others with Coronavirus (COVID-19)

Wareham Surgery Advice Leaflet April 2020

Being told by the NHS 111 service or a doctor that you may have the Coronavirus infection can understandably cause concern. Remember though, about four out of five people who catch Coronavirus will have a relatively mild form of the illness and there is plenty you can do to look after yourself and others during this time.

Do not leave your home if you have coronavirus symptoms. Follow the Government advice to isolate yourself for at least 7 days, or longer if you are still having high temperatures after 7 days. If you have new continuous cough or high temperatures, your self-isolation period of at least 7 days should start from the first day of your symptoms. Everyone else living at home with you should also isolate themselves, but they must do so for at least 14 days, starting from the first day of your symptoms. Keep up to date with what you need to do at <https://www.nhs.uk/conditions/coronavirus-covid-19/self-isolation-advice/>



If you have to STAY AT HOME with possible Coronavirus and you live alone, try to check in regularly with someone, and/or identify someone who can check on you regularly. Preferably this should be by telephone, text message or other messaging services such as email.

Keep a good intake of fluids going, preferably water – aim for 6 to 8 glasses per day.





Get plenty of rest and take paracetamol for pain or fever symptoms.

Try to avoid taking anti-inflammatory medications like ibuprofen, naproxen, and diclofenac.



Be aware that worsening of symptoms may occur a week or more after the symptoms start.

Seek immediate medical help if you:

- Become much more breathless than usual;
- Develop pains in your chest;
- Become pale and clammy, like you're going to faint;
- Seem muddled or confused;
- Stop passing urine, or can't keep any fluids down;
- Develop blue colour of lips or face;
- Cough up blood
- Develop neck stiffness
- Develop a rash which doesn't fade when you press on it with a glass

If any of the above occurs, or you otherwise feel you can't manage your symptoms at home, please use the 111 online service. Only call 111 if you cannot get help online.

If you have a **life-threatening** emergency, call 999.



If you are unsure about anything in this advice, please contact us:

- via our website at <https://warehamsurgery.nhs.uk/>
- email us at wareham.surgery@nhs.net
- telephone us at 01929 553444

Please be aware that there may a delay due to high demand on our telephone lines and possible staff absences due to self-isolation.

We share your medical records with other services treating you. For full details, please see our patient leaflet **"Sharing your medical information"** on our website www.warehamsurgery.nhs.uk
If you do not have access to the internet, please request a leaflet from reception.