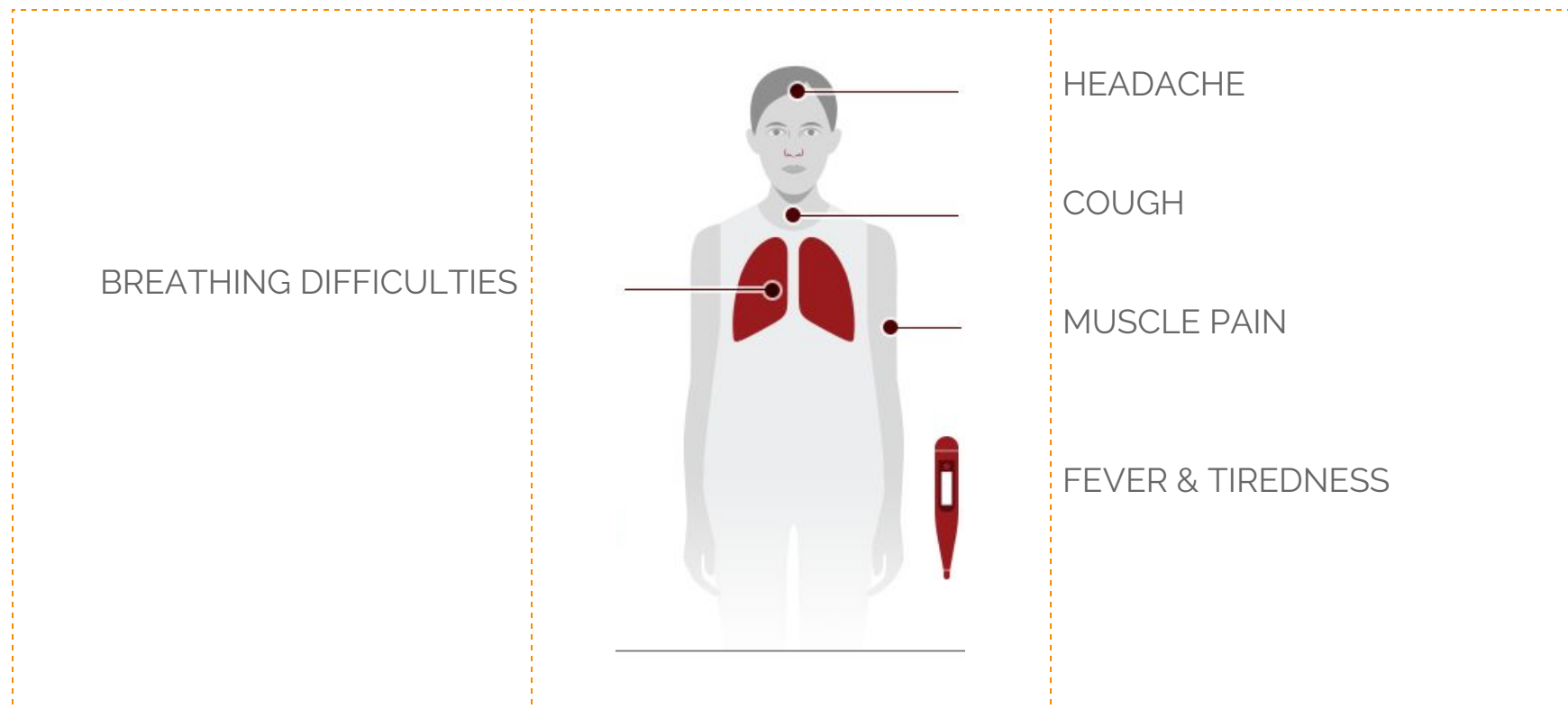


## SYMPTOMS OF CORONAVIRUS (COVID-19)



SOURCE: WHO in BBC <https://www.bbc.co.uk/news/explainers-51632801>



CORONAVIRUS INFORMATION - ENGLISH  
Updated 16 - 3 - 20

## WHAT TO DO IF YOU HAVE THESE SYMPTOMS?

NHS 111 has an online coronavirus service that can advise you what to do.

This is now the best way to contact the NHS.



<https://111.nhs.uk/>

## WHAT IS "SELF-ISOLATION"?

If you need to **self-isolate**:

You must stay at home; you must not go to school, work or any public places.

You must not use public transport.

You must not go to the doctor.

You must ask someone else to leave food for you outside your room.

You must do this for 14 days.

