Coronavirus (COVID-19): What you need to do

**Protect yourself and others from coronavirus.**  
To help protect yourself and others from coronavirus, you must:

* Keep washing your hands regularly.
* Wear a face covering in enclosed spaces.
* Stay at least 2 metres apart - or 1 metre with a face covering or other precautions
* For the latest guidance, please visit the [government website.](https://www.gov.uk/government/publications/coronavirus-outbreak-faqs-what-you-can-and-cant-do/coronavirus-outbreak-faqs-what-you-can-and-cant-do)

**Main symptoms**  
The main symptoms of coronavirus are:   
a high temperature – this means you feel hot to touch on your chest or back (you do not need to measure your temperature)

* a new, continuous cough – this means coughing a lot for more than an hour, or 3 or more coughing episodes in 24 hours (if you usually have a cough, it may be worse than usual)
* a loss or change to your sense of smell or taste – this means you've noticed you cannot smell or taste anything, or things smell or taste different to normal
* Most people with coronavirus have at least 1 of these symptoms.

See the Government website for the latest advice on how to arrange a test if you have symptoms or have been in contact with someone who has COVID-19 and for advice on staying at home.