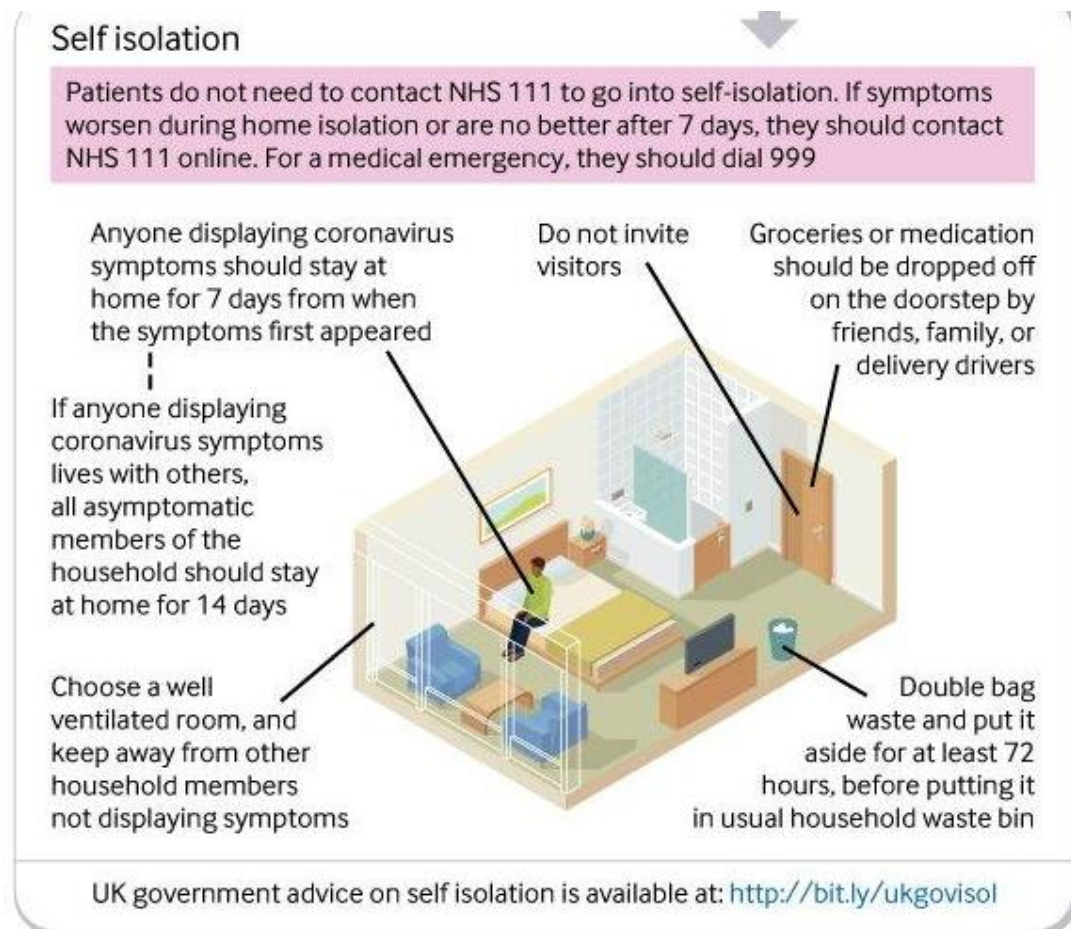


# MANAGING CORONAVIRUS AT HOME (22/3/20)

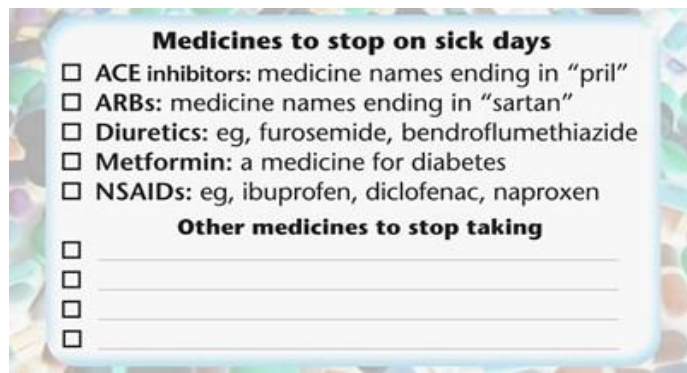
## 10 TOP TIPS

1. **Early recognition** - any new (or onset within the last 7 days) continuous cough or fever is possible Coronavirus.
2. **Don't panic** - most people will be able to self-manage without contacting their GP or 111. Everyone needs to follow simple steps to reduce their symptoms and avoid infecting others. **DO NOT** go to the GP practice or A&E.
3. **Get educated** - NHS inform <https://www.nhsinform.scot/> will help you assess your symptoms. It is updated daily so has the most up to date advice as things keep changing. Also follow the excellent Jason Leitch on twitter <https://twitter.com/jasonleitch>. If you are short of breath (i.e. not able to walk upstairs or are having difficulty speaking in sentences) then phone your GP practice or 111. **Only phone 999 if you feel it is an emergency.**
4. **Self-isolate** - stop the virus spreading by self-isolating for 7 days from the onset of symptoms and follow information on NHS inform on how to do this. Effective self-isolation will stop your friends and family getting infected (see picture below). Contact the GP practice if you are not improving after 7 days. Also, anyone living in the same household as a you need to self-isolate for 14 days.



## **MANAGING CORONAVIRUS AT HOME (22/3/20)**

5. **Rest, Paracetamol and fluids** - are crucial especially with fever - aim for a minimum of 10x 300ml mugs of fluid a day. Avoid alcohol. Water, diluting juice or fruit juice are ideal. Aim for regular clear or mildly yellow urine and to be able to pee every 4 hours except when asleep at night. If you have not passed urine in over 4 hours, have dark yellow urine, feel thirsty or dizzy on standing then there is a high chance you are dehydrated and you need to drink lots more as a priority. <https://www.nhsinform.scot/campaigns/hydration>
6. **Food is less important than fluids** - if able to eat then have lots of fruit and vegetables as these will help your immune system fight the infection.
7. **Stop certain medications** - some drugs are unsafe when you are unwell, especially ones to lower your blood pressure, and anti-inflammatories. Look at the 'Sick Day Rules' card for more information (below). Restart these medications 48 hours after you are eating and drinking normally.



8. **Get support** - call family/friends/community members and ask them to deliver supplies to your door.
9. **For children** – follow the excellent advice from the NHS [When Should I Worry Booklet](#)
10. **Self-isolation note**- this covers you for the period of 7 days illness (can return on the 8th day if you are well) and also can be used for household members who are self-isolating. This is to be used if you have been given advice by a clinician, via NHS inform or are living with someone who has symptoms of coronavirus. [NHS isolation note](#)

### **Next steps - managing mental health**

1. [Wysa: stress, sleep & mindfulness therapy chatbot](#)
2. [Mental Health & Wellbeing in the CoronaVirus Pandemic](#)
3. [NHS Inform 10 stress busters](#)
4. [NHS Inform Breathing and relaxation exercises for stress](#)
5. [Headspace: Meditation and Sleep Made Simple](#)
6. [Self Help Resources for Mental Health Problems](#)

# MANAGING CORONAVIRUS AT HOME (22/3/20)

## Coronavirus isolation timeline



### If you have symptoms and live alone

Live alone? If you start having coronavirus symptoms, even mild ones, you must stay at home for 7 days from that point.

7 DAYS ISOLATION



### If you have symptoms and live with others

If anyone in your household has symptoms, then the whole household must isolate for 14 days to avoid spreading the virus. If those with symptoms feel better after 7 days and don't have a temperature, **they can return to their normal routine**. All other family members who have not had symptoms need to isolate for the full 14 days.

14 DAYS HOUSEHOLD ISOLATION

### If you develop symptoms during the 14-day period

It is likely that people within the same household will infect each other. If those with symptoms feel better after 7 days and don't have a temperature, **they can return to their normal routine**. All family members who have not had symptoms will need to isolate for the full 14 days.



7 DAYS ISOLATION

### Even if you develop new symptoms late in the 14-day period

Should a household member develop coronavirus symptoms late in the 14-day household-isolation (e.g. day 13 or 14), that person must stay at home for 7 days. **This doesn't extend the 14-day period for others.**



7 DAYS ISOLATION

19 March 2020

For more information go to [nhsinform.scot/coronavirus](https://nhsinform.scot/coronavirus)

