

# Selsey Medical Practice - Advice for Managing Covid-19 Coronavirus at Home

## 10 Top Tips

1. **Early recognition** - any new continuous cough or fever (temperature  $\geq 37.8^{\circ}\text{C}$  could be COVID-19 Coronavirus.
2. **Don't panic** - most people will be able to self-manage without contacting 111. Everyone needs to follow simple steps to reduce their symptoms and avoid infecting others.
3. **Get educated** - If you think you have symptoms then you should go online to check your symptoms using NHS 111 online <https://111.nhs.uk/covid-19/>. DO NOT go to the GP practice or A&E. Only phone 999 if you feel it is an emergency. Telephone 111 only if you cannot access the Internet. If you have to phone 111, be aware that there may be quite a wait, but it is important to hang on for as long as it takes for them to answer. Diabetics should also refer to the excellent diabetic sick day rules available on the Diabetes UK website <https://www.diabetes.org.uk/guide-to-diabetes/life-with-diabetes/illness#illness>
4. **Self-isolate** - stop the virus spreading by self-isolating for 7 days from the onset of symptoms and follow information on NHS Self Isolation on how to do this <https://www.nhs.uk/conditions/coronavirus-covid-19/self-isolation-advice/>. Effective self-isolation will stop your friends and family getting infected (see picture below). You do not need to contact your GP or 111 in order to self-isolate. You are not required to produce a sick certificate (Med3) in order to self-isolate You can now print off an automated sick note from the 111 Coronavirus site to cover up to 14 of days self-isolation. <https://111.nhs.uk/isolation-note/>
5. **Rest and fluids** are crucial especially with fever - aim for a minimum of **ten** 300ml mugs of fluid a day. Take Paracetamol if you have some. Avoid alcohol. Water, diluted 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, so you need to drink more as a priority.
6. **Food** is less important than fluids - if able to eat, 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).
8. **Get support** - call family/friends/community members and ask them to deliver supplies. People in the same house as you do not need to self-isolate if they have no symptoms.
9. **Children** - For children follow advice from the excellent "When Should I Worry?" Website <http://www.whenshouldiworry.com/>
10. **Returning** - You can return to work after 7 days if your fever is over and you are improving but you do not need to be symptom free. Contact 111 if you are not improving after 7 days.

