

# WHAT TO DO IF YOU HAVE CORONAVIRUS SYMPTOMS

NHS UK lists the main symptoms as:

- 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 one of these symptoms

## The Government has issued the following guidance:

*If a guest is displaying signs of the COVID-19 virus while staying in overnight accommodation for a permitted reason, they should inform the accommodation provider, immediately self-isolate where they are to minimise any risk of transmission, and request a test. If they are confirmed to have COVID-19, they should return home if they reasonably can. They should use private transport but only drive themselves if they can do so safely. If a guest cannot reasonably return home (for example because they are not well enough to travel or do not have the means to arrange transport), their circumstances should be discussed with an appropriate health care professional and, if necessary, the local authority.*

*Guests should follow government guidance on dealing with possible or confirmed coronavirus (COVID-19) infection. Once the guest (and if appropriate their family) has finished the required self-isolation period and is no longer symptomatic, they should return to their main residence and continue to follow the government guidance on self-isolation, household isolation and social distancing.*

This guidance note and links to more detailed information can be found at:

<https://www.gov.uk/guidance/covid-19-advice-for-accommodation-providers>

## REQUESTING A TEST

You need to get the test done in the first 5 days of having symptoms. Tests can be booked online for a drive-through or walk-through test at a test site or order a home test kit. Home kits must be ordered by 3pm on day 4 to make sure you can do the test in the first 5 days.

Link to request a free test:

<https://www.nhs.uk/conditions/coronavirus-covid-19/testing-and-tracing/get-an-antigen-test-to-check-if-you-have-coronavirus>

If you have questions about a test you've booked or are having trouble booking a test, you can call the customer contact centre from 7am to 11pm.

England, Wales and Northern Ireland: call 119 (free from mobiles and landlines)