**Managing Coronavirus at Home**

If you have a new persistent cough or a fever within the past 7 days then we are assuming you will have coronavirus (Covid 19). Please do not panic, most people can manage this without contacting their GP or NHS 24 and PLEASE DO NOT COME UP TO THE PRACTICE OR GO TO A&E. Here are some simple things which may help you.

* Look at up to date information on <https://www.nhsinform.scot> to help you assess your symptoms. If you have shortness of breath which is stopping you dressing yourself or speaking in sentences, please phone the surgery or NHS 24 during out of hours.
* Self isolate for 7 days from the onset of symptoms. If you have no symptoms but live with someone who develops symptoms then self isolate for 14 days. Follow the information on nhsinform on how to do this.
* Rest, paracetamol and fluids are extremely important. Aim for 10 mugs of water per day.
* Food is less important than fluids, but if you can eat make sure you prioritize fruit and vegetables, for example in soups.
* Get support – call family and friends and ask them to deliver supplies to you. People in the same house as you do not have to self isolate if they have no symptoms
* For children there is an excellent website with advice for parents<http://www.whenshouldiworry.com>
* You can return to work after 7 days after infection even if you are not symptom free. Contact the practice if you are not improving after 7 days