

[Back to top](#)

# Guidance for people with confirmed or possible coronavirus

## Anyone with **symptoms** –

- a **new** continuous cough and/or
- a fever

**However mild, you should stay at home for 7 days from when your symptoms started.**

- If you have mild symptoms, **you do not need to be tested. Please do not contact or go to a GP surgery, pharmacy or hospital.**
- If your symptoms worsen during your home isolation or you are no better after seven days, seek medical advice **by telephone.**
- If you have an underlying health condition and develop symptoms do let your GP know.
- Please only call 999 if it's an emergency.

**This action will help protect others in your community while you are infectious.**

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[Back to top](#)

## Advice for home isolation

### When self-isolating:

- plan ahead and ask others for help to ensure that you can successfully stay at home;
- ask your employer, friends and family to help you get the things you need to stay at home;
- stay at least 2 metres (about 3 steps) away from other people in your home if possible;
- sleep alone, if possible;

- wash your hands regularly for 20 seconds, each time using soap and water;
- stay away from vulnerable individuals, such as the elderly and those with underlying health conditions, as much as possible.

Advice on how to self-isolate can be obtained [here](#).

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[Back to top](#)

## Public Health Advice

Like seasonal flu, the same public health advice applies for COVID-19 (Coronavirus): if you cough or sneeze, use a tissue to cover your mouth and nose, throw it away carefully after use, and wash your hands.



Once flu and similar infectious viruses begin to spread, the main method that can prevent further spread, is good personal hygiene. Washing your hands regularly will help prevent flu and other viruses spreading.

Antibiotics do not work against viruses, they only work on bacterial infections. COVID-19 is caused by a virus, so antibiotics do not work. Antibiotics should not be used as a means of prevention or treatment of COVID-19.

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[Back to top](#)

## What is COVID-19 (coronavirus)?

Coronaviruses are a large family of viruses that are common across the world. These viruses can cause mild symptoms ranging from a fever and cough to more serious conditions such as severe pneumonia, shortness of breath and breathing difficulties.

In December 2019, a new strain of coronavirus (COVID-19) was first identified in Wuhan City, China. This virus has now spread to other countries. The UK Chief Medical Officers have declared the risk to the public to be moderate. But the risk to individuals remains low.

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[Back to top](#)

## Information in British Sign Language (BSL) and Irish Sign Language (ISL)

Information on COVID-19 in British Sign Language (BSL) and Irish Sign Language (ISL) can be found below:

BSL: <https://vimeo.com/397483046/7a2d548e51>

ISL: <https://vimeo.com/397477131/7eda10f0e0>

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### Advice for travellers

The Public Health Agency (PHA) does not issue travel advice. If you're concerned about the impact of the COVID-19 outbreak on your existing travel plans, check with your airline, tour operator, cruise line or other transport and accommodation providers as applicable. People who plan to travel should check the travel advice [here](#).

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[Back to top](#)

## Advice for older people

At present the advice for older people is the same as that for the rest of the population.

You can reduce the risk of catching coronavirus by:

- Always carrying tissues with you and using them to catch your cough or sneeze. Then bin the tissue, and wash your hands, or use a sanitiser gel.
  - Washing your hands more often than usual, for 20 seconds each time with soap and water or hand sanitiser, especially when you:
    - get home or into work;
    - blow your nose, sneeze or cough;
    - are going to eat or handle food.
  - Avoiding touching your eyes, nose and mouth with unwashed hands.
  - Avoiding close contact with people who are unwell.
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[Back to top](#)

## Coronavirus (COVID-19) infection and pregnancy

The Royal College of Obstetricians and Gynaecologists, Royal College of Midwives, Royal College of Paediatrics and Child Health, Public Health England and Health Protection Scotland have produced guidance for healthcare professionals and information for pregnant women and their families, drawn from this guidance, to view this click [here](#).

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[Back to top](#)

## Guidance for General Dental Practitioners

For information for General Dental Practitioners click [here](#).

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[Back to top](#)

# Guidance for educational settings

Information for schools and other educational settings in providing advice for pupils, students, staff and parents or carers regarding novel coronavirus (COVID-19) is available from the Department of Education, please click [here](#).

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[Back to top](#)

## Guidance for employers and businesses

For guidance for employers and businesses in providing advice about the novel coronavirus (COVID-19) click [here](#).

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[Back to top](#)

## Public information posters and leaflets for download

Advice on COVID-19 (Coronavirus), including posters and social media graphics are available [here](#).

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[Back to top](#)

## Further information

As this situation is rapidly changing the most up-to-date guidance can be found on the Public Health England website: [www.gov.uk/government/collections/coronavirus-covid-19-list-of-guidance](http://www.gov.uk/government/collections/coronavirus-covid-19-list-of-guidance)

Advice for medical professionals can be found at: [www.gov.uk/government/collections/wuhan-novel-coronavirus](http://www.gov.uk/government/collections/wuhan-novel-coronavirus)

For information on guidance for healthcare professionals on COVID-19 infection in pregnancy see: <https://www.rcog.org.uk/en/guidelines-research-services/guidelines/coronavirus-pregnancy/>

Coronavirus (COVID-19): latest information and advice: [www.gov.uk/guidance/wuhan-novel-coronavirus-information-for-the-public](http://www.gov.uk/guidance/wuhan-novel-coronavirus-information-for-the-public)

For further information on coronavirus see: [www.who.int/health-topics/coronavirus](http://www.who.int/health-topics/coronavirus)

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[Back to top](#)

## Situation in Northern Ireland

**15 March 2020**

As of 2pm on Sunday 15 March, testing has resulted in 11 new positive cases bringing the total number of positive cases in Northern Ireland to 45.