

# COVID-19 SIGNS AND SYMPTOMS HELP SHEET 2

The NHS has listed three main symptoms of coronavirus, that people should be aware of and ready to act upon.

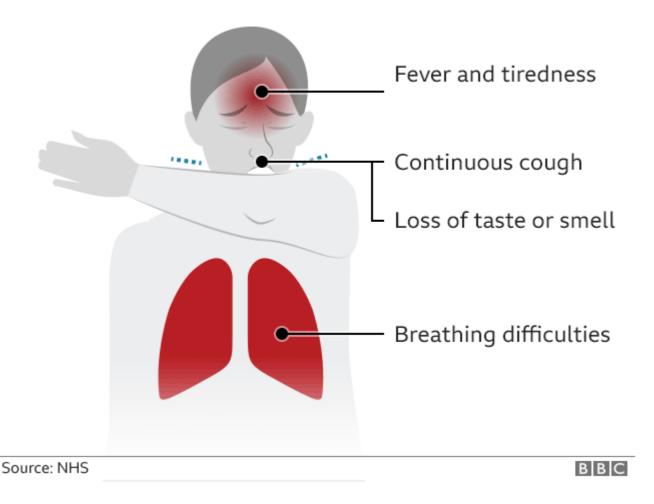
#### What are the symptoms?

- A new, continuous cough, where you cough a lot for more than an hour, or have three or more coughing episodes in 24 hours
- Fever where your temperature is above 37.8C
- Loss of smell or taste

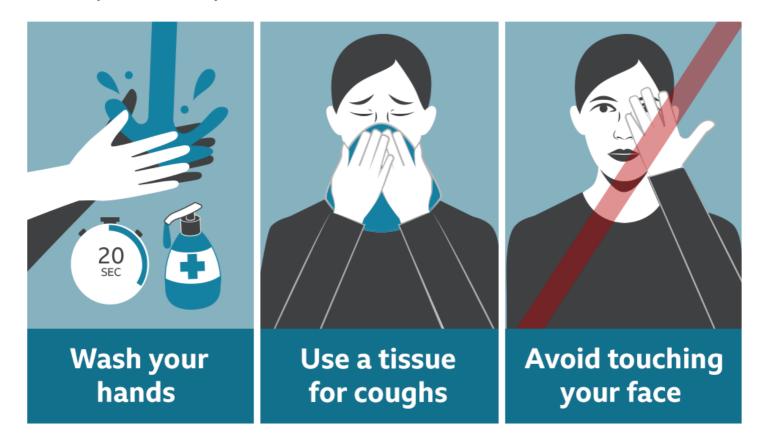
If you, or someone you live with, has any of these symptoms the advice is stay at home to stop the risk of giving coronavirus to others.

It takes five days on average to start showing the symptoms, but some people will get them much later. The World Health Organisation says incubation lasts up to 14 days.

## Coronavirus: Key symptoms



### How to prevent the spread of COVID-19



### When do people need to go to hospital?

The majority of people with coronavirus will recover after rest and pain relief.

The main reason people need hospital treatment is difficulty breathing. Doctors may scan the lungs to see how badly they are affected and give support, such as oxygen or ventilation, if needed.

In the UK, <u>the NHS 111 website</u> will guide you through what to do. If you are so breathless that you are unable to speak more than a few words you will be told to call 999, as this is a medical emergency. If you become so ill that you've stopped doing all of your usual daily activities then it will advise speaking to a nurse by dialling NHS 111.