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## COVID-19 (coronavirus)

Do you have a high temperature and/or new continuous cough?

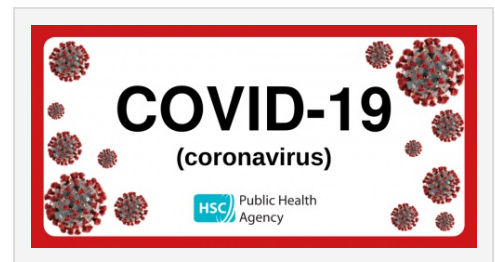
Yes

No

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# COVID-19 (coronavirus)

Tuesday, 17 March 2020  
- Health Protection



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16 March 2020

## Guidance for people with possible coronavirus

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COVID-19 is a new illness that can affect your lungs and airways. It's caused by a virus called coronavirus.

### Stay at home if you have coronavirus symptoms

- Stay at home if you have either:
  - > a high temperature – you feel hot to touch on your chest or back
  - > a new, continuous cough – this means you've started coughing repeatedly
- Do not go to a GP surgery, pharmacy or hospital.
- You do not need to contact 111 to tell them you're staying at home.
- Testing for coronavirus is not needed if you're staying at home.

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### How long to stay at home

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- if you have symptoms, stay at home for 7 days
- if you live with other people, they should stay at home for 14 days from the day the first person got symptoms (new advice as of 16

[I've read it](#) [More information](#)

March)

- If you live with someone who is 70 or over, has a long-term condition, is pregnant or has a weakened immune system, try to find somewhere else for them to stay for 14 days.
- If you have to stay at home together, try to keep away from each other as much as possible.

**On the 16 March new guidance was introduced for self-isolation of household contacts and social distancing;**

For more information see [COVID-19: guidance for households with possible coronavirus infection](#)

For more information see [COVID-19: guidance on social distancing and for vulnerable people](#)

**Further sections of the website are currently being updated**

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## Advice for home isolation

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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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## Public Health Advice

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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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## What is COVID-19 (coronavirus)?

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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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## Information in British Sign Language (BSL) and Irish Sign Language (ISL) [Back to top](#)

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>

On the 16 March new 'Stay at home: guidance for households with possible coronavirus (COVID-19) infection' was launched. For more information on this click [here](#).

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## Advice for travellers [Back to top](#)

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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## Advice for older people and people with an underlying health condition [Back to top](#)

For the latest advice for older people and people with an underlying health condition click [here](#).

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## Coronavirus (COVID-19) infection and pregnancy [Back to top](#)

For the latest advice for women who are pregnant click [here](#).

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## Guidance for Domiciliary Care Providers [Back to top](#)

For information for Domiciliary Care Providers see [GUIDANCE FOR DOMICILIARY CARE PROVIDERS - COVID19.pdf](#).

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## Guidance for Nursing and Residential Care Homes [Back to top](#)

For information for Nursing and Residential Care Homes see [GUIDANCE FOR RESIDENTIAL CARE PROVIDERS - COVID19.pdf](#).

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## Guidance for General Dental Practitioners

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

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## Guidance for educational settings

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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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## Guidance for employers and businesses

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

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## Guidance for shipping and sea ports

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For guidance for shipping and seaports on the novel coronavirus (COVID-19) see [Guidance for Shipping and seaports on corona virus.pdf](#).

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## Public information posters and leaflets for download

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

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## Further information

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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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## Situation in Northern Ireland

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**17 March 2020**

As of 2pm on Monday 17 March, testing has resulted in 10 new positive cases bringing the total number of positive cases in Northern Ireland to 62.

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[COVID-19 - 31 January 2020.pdf](#)

[COVID-19 - 6 February 2020.pdf](#)

[COVID-19 - 9 February 2020.pdf](#)

[COVID-19 - 10 February 2020.pdf](#)

[COVID-19 19 February 2020.pdf](#)

[COVID-19 - 20 February 2020.pdf](#)

[COVID-19 - 25 January 2020.pdf](#)

[COVID-19 - 28 February 2020 - 1.pdf](#)

[COVID-19 - 28 February 2020 - 2.pdf](#)

[COVID-19 - 29 February 2020.pdf](#)

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[www.cancerscreening.hscni.net](http://www.cancerscreening.hscni.net)

[www.choosetolivebetter.com](http://www.choosetolivebetter.com)

[www.lifelinehelpline.info/](http://www.lifelinehelpline.info/)

[www.mindingyourhead.info/](http://www.mindingyourhead.info/)

[www.organdonationni.info/](http://www.organdonationni.info/)

[www.research.hscni.net/](http://www.research.hscni.net/)

[www.sexualhealthni.info/](http://www.sexualhealthni.info/)

[www.stopsmokingni.info](http://www.stopsmokingni.info/)

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