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## COVID-19 (coronavirus)

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

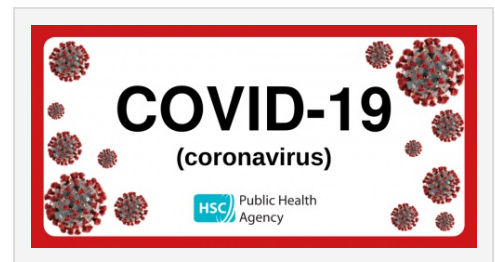
Yes

No

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# COVID-19 (coronavirus)

Tuesday, 17 March 2020  
- Health Protection



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## 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 spread to other countries and a pandemic has now been declared. This means that the virus is widespread in many countries all over the world. The UK Chief Medical Officers have declared the risk to the UK to be high.

### What is the situation in Northern Ireland?

**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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Information sources

[I've read it](#) [More 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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## General advice

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### 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>

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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### What should I do if I think I have coronavirus?

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 either of the following symptoms;**

- a high temperature (fever) – you feel hot to touch on your chest or back or a thermometer reads 37.8 degrees C or higher
- a new, continuous cough – this means you've recently started coughing repeatedly

### How do I get medical advice?

- Do not go to a GP surgery, pharmacy or hospital unless you have been told to do so;
- phone NHS 111 if you need medical advice;
- you do not need to contact 111 to tell them you're staying at home;
- phone your GP if you; are very unwell or have a health condition that means you are usually called for the annual flu jab, or have problems with your immune system;
- if you have symptoms other than fever or cough, they could be caused by another illness. If you feel that you need advice from a GP, please phone them.

### Do I need a test for coronavirus?

- Testing for coronavirus is not needed if you're staying at home.

### How long should I stay at home?

- If you have symptoms, stay at home for 7 days. After seven days you can return to normal activities as long as you do not have a high temperature (fever);
- if you live with other people, they should stay at home for 14 days from the day the first person got symptoms.

## How to self-isolate

- 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 with other people, try to keep away from each other as much as possible.

Website instructions for self-isolation:

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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## Preventing the spread of infection

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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.



The best way to prevent the spread of infections, including coronavirus, is good personal hygiene. This means washing your hands regularly using soap and water and drying them with paper towels.

COVID-19 is caused by a virus. Antibiotics do not work against viruses, they only work on bacterial infections. Antibiotics should not be used to try to prevent or treat COVID-19 (coronavirus). They will not work and may cause harm.

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## Travel advice

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**

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

Please read this advice carefully.

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### **Coronavirus (COVID-19) infection and pregnancy**

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

Please read this advice carefully.

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## **Advice for professionals**

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### **Advice for domiciliary care providers**

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**

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**

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

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## **Guidance for educational settings and child care**

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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 visit [www.education-ni.gov.uk](http://www.education-ni.gov.uk)

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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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## 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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[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](#)

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

[COVID-19 - 7 March 2020.pdf](#)

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<http://10000morevoices.hscni.net>

<http://engage.hscni.net/>

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

[www.breastfedbabies.org](http://www.breastfedbabies.org)

[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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