

This information was extracted from <https://www.gov.uk/government/collections/coronavirus-covid-19-list-of-guidance>. This was last updated on the 13th August 2020. Please be advised this guidance can change daily, so you are encouraged to keep abreast of the news and regularly check this site for updates. There are many different sections on this website, we encourage you to read them all.

The advice for everyone is to follow this guidance:

1. The most common symptoms of COVID-19 are recent onset of a new continuous cough or a high temperature or a loss of, or change in, normal sense of taste or smell (anosmia).
2. If you develop these symptoms, however mild, or you have received a positive coronavirus (COVID-19) test result, then you should immediately self-isolate stay at home for at least 10 days from when your symptoms started. If you live with others, all other household members who remain well must stay at home and not leave the house for 14 days. See the [stay at home guidance](#) for further information.
3. You do not need to call NHS 111 to go into self-isolation. If you feel you cannot cope with your symptoms at home, or your condition gets worse, or your symptoms do not get better after 10 days, then use the [NHS 111](#) online service. If you do not have internet access, you should call NHS 111. For a medical emergency dial 999
4. If you have any symptoms of COVID-19, you should arrange a test by visiting [NHS.UK](#), or contact 119 via telephone if you do not have internet access.
5. Wash your hands more often than usual, for 20 seconds using soap and water or hand sanitiser, particularly after coughing, sneezing and blowing your nose, before you eat or handle food, or when you get to work or arrive home
6. Cover your mouth and nose with disposable tissues when you cough or sneeze. If you do not have a tissue, sneeze into the crook of your elbow, not into your hand. Dispose of tissues into a disposable rubbish bag and immediately wash your hands with soap and water for 20 seconds or use hand sanitiser.
7. You must wear a face covering by law in some public places unless you have a face covering exemption because of your age, health or another condition. You are also strongly encouraged to wear a face covering in other enclosed public spaces where social distancing may be difficult and where you come into contact with people you do not normally meet. Social distancing, hand washing and covering coughs and sneezes, remain the most important measures to prevent the spread of COVID-19. Face coverings do not replace these. See the [staying safe outside your home guidance](#), and you can find guidance on [how to wear and make a cloth face covering](#).
8. Clean and disinfect regularly touched objects and surfaces using your regular cleaning products to reduce the risk of passing the infection on to other people.

At the current time and based on our understanding of what is known so far, COVID-19 can make anyone seriously ill, but for some people the risk is higher. You can find more information on higher risk groups on [NHS.UK](https://www.nhs.uk). As more information emerges, recommendations may change.