

What are the coronavirus symptoms?

Coronavirus infects the lungs. The symptoms start with a fever followed by a dry cough, which can lead to breathing problems.

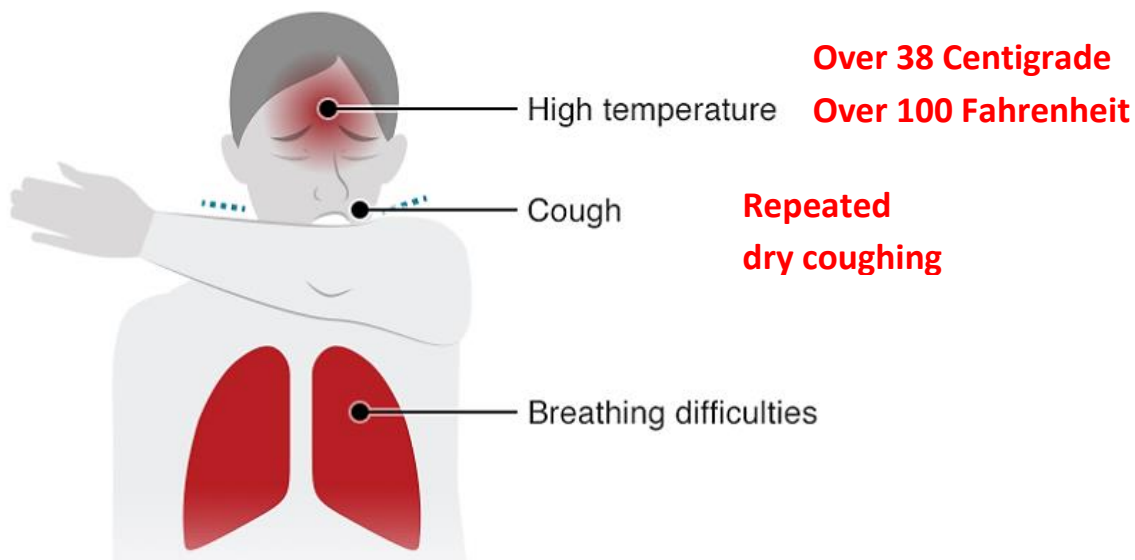
It takes **five days on average to start showing the symptoms**, scientists have said, but some people will get symptoms much later than this.

The incubation period lasts up to 14 days, the World Health Organization (WHO) says. But some researchers say it may be up to 24 days.

Older people, and those with pre-existing medical conditions (such as asthma, diabetes, heart disease, high blood pressure), are more likely to become severely ill.

Treatment relies on keeping the patient's body going, including breathing support, until their immune system can fight off the virus.

Coronavirus: Key symptoms



What should I do if I have symptoms?

Stay at home if you have coronavirus symptoms and begin social distancing

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.

How long to stay at home?

- 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

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.

If you still have symptoms after 7 days

After 7 days, if you no longer have a high temperature you can return to your normal routine.

If you still have a high temperature, stay at home until your temperature returns to normal.

If you still have a cough after 7 days, but your temperature is normal, you do not need to continue staying at home.

A cough can last for several weeks after the infection has gone.

Urgent advice: Use the NHS 111 online coronavirus service if:

- you feel you cannot cope with your symptoms at home
- your condition gets worse
- your symptoms do not get better after 7 days

[Use the 111 coronavirus service](#) Only call 111 if you cannot get help online.

Social distancing: What should I do?



Working from home

Advised

For anyone aged 0-69

Strongly advised

Anyone 70+

Those with an underlying health conditions

Pregnant women



Use less public transport

Advised

For anyone aged 0-69

Strongly advised

Anyone 70+

Those with an underlying health conditions

Pregnant women



Visits from friends and family

Advised against

For anyone aged 0-69

Strongly advised against

Anyone 70+

Those with an underlying health conditions

Pregnant women



Socialising outside home

Advised against

For anyone aged 0-69

Strongly advised against

Anyone 70+

Those with an underlying health conditions

Pregnant women

Social distancing

Everyone should do what they can to stop coronavirus spreading.

Do

- wash your hands with soap and water often – do this for at least 20 seconds
- always wash your hands when you get home or into work
- use hand sanitiser gel if soap and water are not available
- cover your mouth and nose with a tissue or your sleeve (not your hands) when you cough or sneeze
- put used tissues in the bin immediately and wash your hands afterwards
- avoid close contact with people who have symptoms of coronavirus, and keep 2 meters away from anyone you can
- only travel on public transport if you need to
- work from home, if you can
- avoid social activities, such as going to pubs, restaurants, theatres and cinemas
- avoid events with large groups of people
- use phone, [online services](#), or apps to contact your GP surgery or other NHS services

Don't

- do not touch your eyes, nose or mouth if your hands are not clean
- do not have visitors to your home, including friends and family

If you are particularly high risk of getting seriously ill with coronavirus

The NHS will contact you **from Monday 23 March 2020** if you are at particularly high risk of getting seriously ill with coronavirus. You'll be given specific advice about what to do.

Do not contact your GP or healthcare team at this stage – wait to be contacted.

You may be at a particularly high risk of getting seriously ill with coronavirus if you:

- have had an organ transplant and are taking immunosuppressant medicine
- are having chemotherapy or radiotherapy
- have blood or bone marrow cancer, such as leukaemia
- have a severe chest condition, such as cystic fibrosis or severe asthma
- have another serious health condition

If you take Ibuprofen

There is currently no strong evidence that ibuprofen can make coronavirus (COVID-19) worse.

But until we have more information, take paracetamol to treat the symptoms of coronavirus, unless your doctor has told you paracetamol is not suitable for you.

If you are already taking ibuprofen or another non-steroidal anti-inflammatory (NSAID) on the advice of a doctor, do not stop taking it without checking first.

If you have symptoms and are receiving Home Care?

You should contact your regular social visitors such as friends and family to let them know that you are reducing social contacts and that they should not visit you during this time unless they are providing essential care for you. Essential care includes things like help with washing, dressing, or preparing meals.

If you receive regular health or social care from an organisation, either through your local authority or paid for by yourself, inform your care providers that you are reducing social contacts and agree on a plan for continuing your care.

If you receive essential care from friends or family members, speak to your carers about extra precautions they can take to keep you safe.

It is also a good idea to speak to your carers about what happens if one of them becomes unwell. If you need help with care but you're not sure who to contact, or if you do not have family or friends who can help you, you can contact your local council who should be able to help you.

Hovingham has set up the 'Hovingham Community Support Teams.

The teams have been allocated an area of the village and are available for help such as shopping, banking, dog walking etc. You will have had a notice through your door with your volunteers contact details. Do not hesitate to ask for help or if you have questions.

We will also be making information such as this document available to residents via email, website or for those not 'online' a printed copy will be delivered to your door. Further information will cover such things as Local Business providing meals, home deliveries of food etc and anything else thought to be of value.

Current Infection Levels in North Yorkshire

As of Friday 20th March, York has 5 confirmed cases and the rest of North Yorkshire 13 cases.

UK wide, the total cases is 3,269 with deaths 144

Most cases of Corona Virus will not have been identified, as testing is not practical for any other than serious cases.

Government phased response to coronavirus

Containment phase

Aim - Prevent disease taking hold as long as possible



Trace and isolate first cases and close contacts



Establish expert team and ensure supply of key medicines

Delay phase CURRENT PHASE

Aim - Slow spread of virus, with the following options:



Ask those with minor symptoms to self-isolate



Limit large gatherings



Encourage home working



Close schools

**We are HERE
20th March**

Mitigation phase

Aim - Ensure treatment for worst cases and minimise impact on society, with the following options:



Delay non-urgent care and employ retired medical staff



Instruct emergency services to cover critical functions only

Research - ONGOING



Research to better understand the virus



Pool international knowledge