

What if I'm concerned about my symptoms?

Please seek medical advice if you have any worsening or new onset of any of the following symptoms:

- Unable to speak in full sentences or breathlessness is worsening
- Chest tightness or chest pain
- Persisting temperature (fever) after 7 days
- Significant reduction in your mobility
- New onset or worsening confusion or drowsiness
- Severe diarrhoea and vomiting
- Passing small amounts of urine
- Changes to your skin pigment, such as mottled or discoloured

If you are concerned about any of your ongoing symptoms, please contact your GP practice.

If you have internet access, visit:

<https://www.nhs.uk/using-the-nhs/nhs-services/urgent-and-emergency-care/nhs-111/>

If your symptoms are more severe and require urgent attention, call 999 and make sure you mention that you have coronavirus (COVID-19).

Further information

COVID-19 Virtual Clinic - If your doctor refers you on discharge from the hospital, you will receive a phone call from a doctor or nurse from the clinic when you are home to check how you are recovering.

Health and wellbeing

If you are struggling with anxiety or depression, please refer to the useful resources below:

Shout (24/7 text service)

<https://www.giveusashout.org/>

Mental Health Foundation

<https://www.mentalhealth.org.uk/coronavirus>

If you live in Hertfordshire you can use these services:

Hpft - <https://www.hpft.nhs.uk/get-help/>

HertsHelp - <https://www.hertshelp.net/hertshelp>



Hertfordshire Stop Smoking Service

You can refer yourself to the service:

☎ **0800 389 3998** or

Text **`Smokefree`** to **80818** or

online via www.hertsdirect.org/stopsmoking

www.enherts-tr.nhs.uk

You can request this information in a different format or another language.

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COVID-19 (Coronavirus)



What is COVID-19?

COVID-19 is potentially a severe acute respiratory infection caused by a virus known as **coronavirus**. It can affect your lungs and upper airways. The virus can present in a mild or severe manner; presenting as cold-like symptoms in a mild presentation or a viral pneumonia as a severe case.

What are the symptoms?

COVID-19 symptoms are similar to having a cold, the flu or a chest infection. Symptoms can develop over a few days or progress quickly. The main symptoms are:

- Dry continuous cough
- High temperature (above 37.8°C) - you may also sweat and shiver
- Shortness of breath
- Sore throat
- Loss of taste/smell
- Lethargic
- Muscle aches
- Headaches

These are known symptoms. However, as this virus is new, we are still learning and other symptoms may occur.

Who is most at risk?

Anyone can get COVID-19. Some groups of people are at a higher risk than others. If you're in one of these high risk groups you should take extra care to reduce your chances of catching COVID-19.

People in these high risk groups include:

- People over the age of 65
- People with chronic heart, lung or kidney diseases, or diabetes
- People with cancer, especially those having chemotherapy
- People with severe respiratory conditions including all cystic fibrosis, severe asthma and severe chronic obstructive pulmonary (COPD)
- People on drugs that suppress the immune system and those with HIV

To help prevent COVID-19:

- Don't smoke
- If you have inhalers, use them regularly
- Keep active
- Follow government advice in regards to social distancing
- Avoid close contact with people who have symptoms
- Practise handwashing and respiratory hygiene

Handwashing and respiratory hygiene

- Wash your hands more often with soap and water for at least 20 seconds or use a hand sanitiser. Do this after you blow your nose, sneeze or cough, and before you eat or handle food
- Avoid touching your eyes, nose, and mouth with unwashed hands
- Cover your cough or sneeze with a tissue, then throw the tissue in a bin
- Clean and disinfect frequently touched objects and surfaces in the home

Treatment

There are currently no specific treatments for COVID-19. The use of treatments will be to relieve symptoms.

Isolation advice - April 2020

If you have symptoms of COVID-19, however mild, do not leave your home for 7 days from when your symptoms started.

- Your household members need to stay at home isolating for 14 days, even if they remain well
- You do not need to call NHS 111 to go into self-isolation
- If you have received a letter from the Government, please isolate for 3 months

Please ensure you read the Government guidance regularly as guidance may change:

<https://www.gov.uk/government/publications/covid-19-stay-at-home-guidance/stay-at-home-guidance-for-households-with-possible-coronavirus-covid-19-infection>

Recovery

Recovery times vary from person to person and depend on your general health, age and severity of COVID-19. It's impossible to say how quickly you'll recover. Symptoms can continue for a few weeks, but they should start to slowly improve. For example, you may still have a cough or shortness of breath, but if your cough is reducing, this is a sign you are recovering. If you are concerned you are not recovering, please see the next page for more information.