



Information on COVID-19

What is COVID-19?

COVID-19 is an infectious disease caused by a coronavirus strain. For most people, COVID-19 will be a mild illness. However, if you have any of these symptoms, you should self-isolate.

The most important symptoms of coronavirus (COVID-19) are recent onset of any of the following:

- a new continuous cough
- a high temperature
- loss or change to your sense of smell or taste



After your visit or stay in hospital

You need to go home and self-isolate for 10 days from the onset of your symptoms. If you live with others they need to isolate for 14 days from the onset of your illness. If anyone else in the household starts displaying symptoms, they need to stay at home for 10 days from when the symptoms appeared, regardless of what day they are on in the original 14 day isolation period.

If this period of time is over but you still have a high temperature, you must continue self-isolating.

What happens after my visit to A&E or my stay in hospital?

At this point you are considered well enough to manage your symptoms at home. You will have been prescribed medication if you need it. If you did not require any prescribed medication then you should be able to manage your symptoms yourself. Ensure you stay hydrated and take paracetamol if you have a temperature. To aid recovery, try to avoid spending long periods of time lying flat in bed, trying sitting up or in a chair, or moving around at home.

Some people find it takes them a long time to feel completely better after having COVID-19. After 4 weeks, most of the chest pains and phlegm should have reduced, after 6 weeks, a cough and feeling of breathlessness should have reduced. After 3 months, most symptoms will have settled but you may still feel tired. The more seriously ill you are, the longer it will take to recover. Please see the website www.yourcovidrecovery.nhs.uk for useful resources to help with your recovery

If you are worried you are not getting better or develop new symptoms, speak to your GP or call NHS 111. They are there to help.

If you develop any of these symptoms, call 999

- Coughing up blood
- Severe chest pain
- Getting more breathless

Helpful Websites:

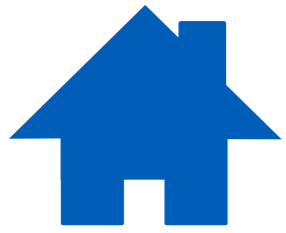
www.gov.uk/coronavirus
www.nhs.uk/coronavirus



COVID-19: Going home from hospital



Whittington Health
NHS Trust



When you get home

Can I spread COVID-19 to friends and family?

There is a risk that other members of your household or others that you have been in close contact with over the previous 2 weeks have been exposed to the virus but it is possible that they have not. Therefore each of you should follow the government's isolation guidance.

Please note that a persistent cough alone does not mean someone must continue to self-isolate beyond the duration advised by the government. A cough can linger.

Can I get COVID-19 again?

If you have tested positive for COVID-19, you will probably have developed some short term immunity to coronavirus. However, if another person in your household develops symptoms and they have not previously tested positive, then they need to isolate along with all other members of the household except for you.



Protecting yourself and others from coronavirus



Wash your hands

frequently and thoroughly, for at least 20 seconds. Use alcohol-based hand sanitizer if soap and water aren't available.



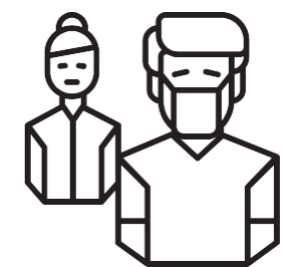
Cover your mouth and nose

with a tissue when you cough or sneeze and then throw the tissue in the bin and wash your hands. Alternatively, cough or sneeze into your elbow



Avoid touching

your eyes, nose and mouth with unwashed hands



Avoid close contact

with people who are sick, sneezing or coughing.

This leaflet has been adapted from NHS England guidance - October 2020

Patient advice and liaison service (PALS)

If you have a compliment, complaint or concern please contact our PALS team on 020 7288 5551 or whh-tr.whitthealthPALS@nhs.net

If you need a large print, audio or translated copy of this leaflet please contact us on 020 7288 3182. We will try our best to meet your needs.

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