In order to keep safe the Government is asking people to stay at home.

It is very important that individuals with symptoms that may be due to coronavirus and their household members stay at home.

This guidance is to help you recognise the symptoms of the coronavirus (COVID-19) and understand why staying at home will help control the spread of the virus to friends, the wider community, and particularly the most vulnerable.

The most common symptoms of COVID-19 are recent onset of:
- new continuous cough and/or
- high temperature

For most people, coronavirus (COVID-19) will be a mild illness.

If you live alone and you have symptoms of (COVID-19), however mild, stay at home for 7 days from when your symptoms started.

If you live with others and you are the first in the household to have symptoms of coronavirus, then you must stay at home for 7 days, but all other household members who remain well must stay at home and not leave the house for 14 days. The 14-day period starts from the day when the first person in the house became ill.

Should anyone else in the household start displaying symptoms, they need to stay at home for 7 days from the day the symptoms started, regardless of what day they are on in the original 14 day isolation period.

If you can, move any vulnerable individuals (such as the elderly and those with underlying health conditions) out of your home, to stay with friends or family for the duration of the home isolation period.

If you cannot move vulnerable people out of your home, stay away from them as much as possible.

If you have coronavirus symptoms:
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.

Plan ahead and ask others for help to ensure that you can successfully stay at home and consider what can be done for vulnerable people in the household.

Ask your employer, friends and family to help you to get the things you need to stay at home.
Direct Payment Factsheet: Advice & guidance for people using direct payments during the coronavirus

Wash your hands regularly for 20 seconds, each time using soap and water, or use hand sanitiser.

If you feel you cannot cope with your symptoms at home, or your condition gets worse, or your symptoms do not get better after 7 days, then use the NHS 111 online coronavirus service. If you do not have internet access, call NHS 111. For a medical emergency dial 999.

Make a plan for your household or family.

The best thing you can do now is plan for how you can adapt your daily routine, and that of others in your household, to be able to follow this advice. Some of the ways in which you could prepare include:

- talk to your neighbours and family and exchange phone numbers of household contacts
- consider and plan for those in your home who are considered vulnerable
- create a contact list with phone numbers of neighbours, schools, employer, chemist, NHS 111
- set up online shopping accounts if possible

To find further guidance about what the Government says you should do please use the following link: https://www.gov.uk/coronavirus

Should you require any further information on direct payments or require this factsheet in another format please contact the Direct Payments Support Service on 01609 780780.