

COVID-19 CORONAVIRUS

Advice in your region:

[England](#) | [Scotland](#) | [Wales](#) | [Northern Ireland](#) | [Ireland](#)

Stay at home to stop coronavirus spreading

Everyone must stay at home to help stop the spread of coronavirus.

This includes people of all ages – even if you do not have any symptoms or other health conditions.

You can only leave your home:

- to shop for basic essentials – only when you really need to
- to do one form of exercise a day – such as a run, walk or cycle, alone or with other people you live with
- for any medical need – for example, to visit a pharmacy or deliver essential supplies to a vulnerable person
- to travel to and from work – but only where this is absolutely necessary

What to do if you have coronavirus symptoms

Continue to stay at home if you have either:

- a high temperature – this means you feel hot to touch on your chest or back (you do not need to measure your temperature)
- a new, continuous cough – this means coughing a lot for more than an hour, or 3 or more coughing episodes in 24 hours (if you usually have a cough, it may be worse than usual)
- To protect others, do not go to places like a GP surgery, pharmacy or hospital. Stay at home.

Use the [111 online coronavirus service](#) to find out what to do.

Only call 111 if you cannot get help online.

For information on: Staying at home, visit

<https://www.nhs.uk/conditions/coronavirus-covid-19/self-isolation-advice>

- Isolation notes, visit <https://111.nhs.uk/isolation-note>
- Social distancing, visit <https://gov.uk/guidance-on-social-distancing>

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