

# Coronavirus (COVID-19) advice if you feel ill

## Symptoms of COVID-19 are:

- A high temperature - you feel hot to touch on your chest or back.
- A new continuous cough - this means you have started to cough continuously.

## You should contact NHS Direct if:

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

Do not go to the GP, pharmacy or hospital.

Please use the online NHS Direct 111 service if possible. If you do not have access to the internet you can telephone NHS Direct on 111.

**If it is an emergency call 999.**

Name of Buddy \_\_\_\_\_

Contact number \_\_\_\_\_

Team Caerphilly  
BETTER TOGETHER