

## **Birmingham City Council**

### **Coronavirus (COVID-19) Advice**

**(Updated 16 March 2020)**

**We are now in the DELAY STAGE of our response to COVID-19. This brings changes to how we identify and manage our own health:**

You are now advised to stay at home (self-isolate) if anyone in your household has:

- **A new continuous cough**
- OR**
- **A high temperature (of 37.8 degrees centigrade or higher)**

Households should stay at home (self-isolate) for 14 days from the onset of symptoms following the current advice.

Even if no one in your household is experiencing symptoms, you are still advised to:

- Stop non-essential social contact and unnecessary travel.
- Work from home.
- Avoid social gatherings such as pubs, clubs, theatre venues, football events etc.

- Use NHS services only when essential. Advice is available from [www.111.nhs.uk/covid-19](http://www.111.nhs.uk/covid-19)

### **Help Prevent The Spread**

- Wash your hands regularly thorough-out the day with warm water and hand wash for a minimum of 20 seconds.
- Maintain a distance of 2 meters with others where possible.
- Disinfect hard surfaces regularly.

### **If you show symptoms, remember:**

- all within your household must stay at home and avoid close contact with other people.
- do not go to a GP Surgery, Pharmacy, or Hospital.
- use the NHS 111 online Coronavirus service to find out more:

[www.111.nhs.uk/covid-19](http://www.111.nhs.uk/covid-19)

