



Advice for managing Coronavirus at home

10 Top Tips

1. Early recognition – any new (or onset within the last 7 days) continuous cough or fever is possible Coronavirus.
2. Don't panic – most people will be able to self manage without contacting their GP or 111. Everyone needs to follow simple steps to reduce their symptoms and avoid infecting others.
3. Get educated – NHS inform <https://www.nhsinform.scot/illnesses-and-conditions/infections-and-poisoning/coronavirus-covid-19> will help you assess your symptoms. It is updated daily so has the most up to date advice. If you are short of breath (i.e. not able to walk up stairs or are having difficulty speaking in sentences) then phone your GP practice or 111. DO NOT go to the GP practice or A&E. Only phone 999 if you feel it is an emergency.
4. Self isolate – stop the virus spreading by self isolating for 7 days from the onset of symptoms and follow information on NHS inform on how to do this. Effective self isolation will stop your friends and family getting infected (see picture below).
5. Fluids are crucial especially with fever – aim for a minimum of 10x 300ml mugs of fluid a day. Avoid alcohol. Water, diluting juice or fruit juice are ideal. Aim for regular clear or mildly yellow urine and to be able to pee every 4 hours except when asleep at night. If you have not passed urine in over 4 hours, have dark yellow urine, feel thirsty or dizzy on standing then there is a high chance you are dehydrated and you need to drink lots more as a priority. <https://www.nhsinform.scot/campaigns/hydration>
6. Food is less important than fluids – if able to eat then have lots of fruit and vegetables as these will help your immune system fight the infection.
7. Stop certain medications – some drugs are unsafe when you are unwell, especially ones to lower your blood pressure, and anti-inflammatories. Look at the 'Sick Day Rules' card for more information (below).
8. Get support – call family/friends/community members and ask them to deliver supplies. People in the same house as you do not need to self isolate if they have no symptoms.
9. For children follow advice from the excellent When Should I Worry Website http://www.whenshouldiworry.com/resources/When%20should%20I%20worry-Booklet_Scotland-with%2011%20service_2016.pdf
10. You can return to work after 7 days if you're improving but do not need to be symptom free. Contact the GP practice if you are not improving after 7 days.



Sick Day Rules Card:

Diuretics: sometimes called “water tablets”, such as Furosemide, Spironolactone, Indapamide, Bumetanide, Bendroflumethiazide

ACE Inhibitors/ARBs: Medicine names ending in ‘pril’ such as Ramipril, Lisinopril, Perindopril or in ‘sartan’ such as Losartan, Candesartan, Valsartan

Metformin: A medicine for diabetes.

NSAIDs: Anti-inflammatory painkillers such as Ibuprofen, Diclofenac, Naproxen



Self Isolation:

Self isolation

Patients do not need to contact NHS 111 to go into self-isolation. If symptoms worsen during home isolation or are no better after 7 days, they should contact NHS 111 online. For a medical emergency, they should dial 999

