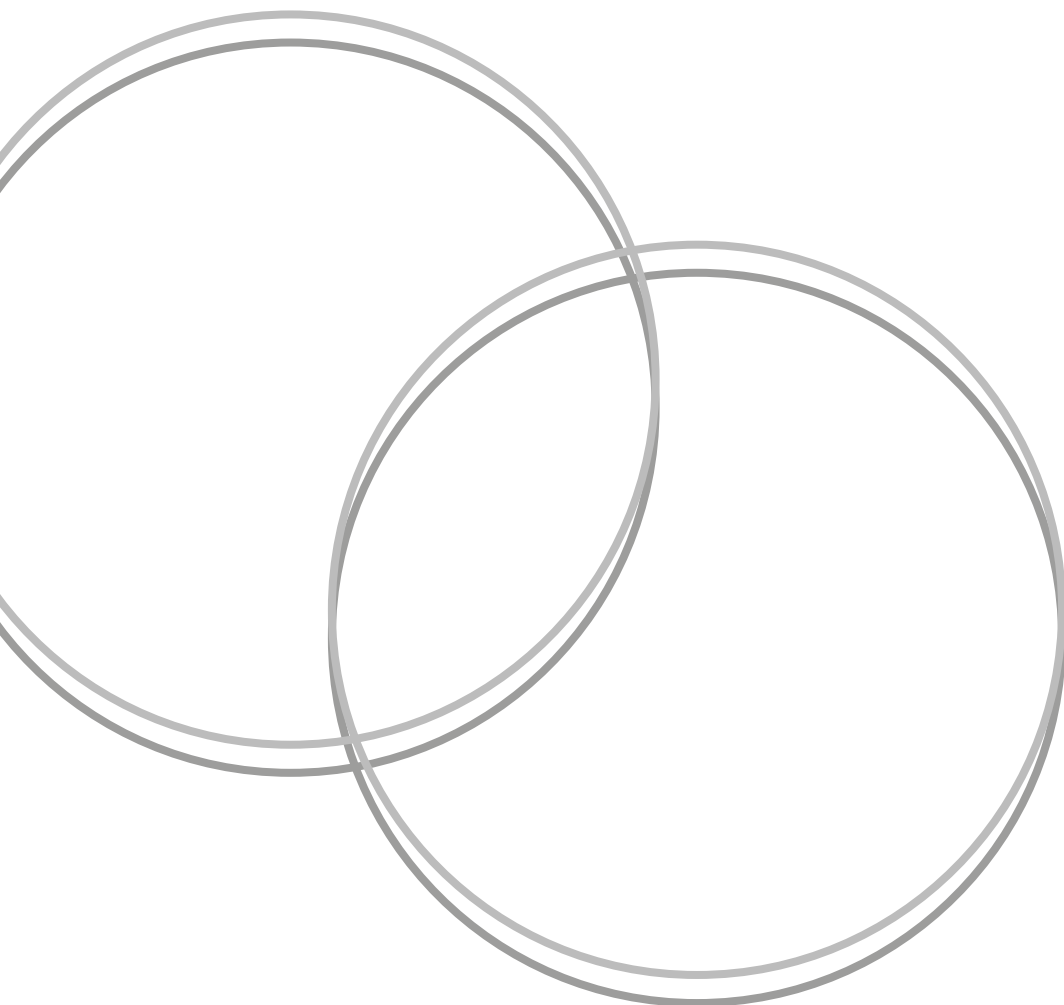




Oxford University Hospitals
NHS Foundation Trust

COVID-19 (CORONAVIRUS)

Information for patients



INFORMATION ABOUT COVID-19 IS CONTINUALLY BEING UPDATED

This information will remain consistent:

- NHS 111 has an online COVID-19 service that can tell you if you need medical help and advise you what to do:
www.111.nhs.uk/service/COVID-19
- Only telephone 111 if you are advised to do so by the online service; you cannot go online; you identify as neither male nor female; or you are asking about someone who is under the age of 5.
- Please visit **www.nhs.uk/conditions/coronavirus-covid-19** for the latest medical advice if you (or anyone living with you) develop any of the following symptoms:
 - a new and continuous cough – **new** meaning a cough you have not had before, or if you usually have a cough it has become worse, and **continuous** meaning coughing a lot for more than an hour, or 3 or more coughing episodes in 24 hours
 - a high temperature – you feel hot to touch on your chest and/or back
 - a change or loss in your sense of taste or smell.
- It is important that people with these symptoms and those living with them are isolated, to limit the spread of COVID-19.
- All people with symptoms and those living with them will need to self-isolate. The length of self-isolation will vary according to underlying health conditions and ongoing symptoms.
- Specific self-isolation advice is available at:
www.gov.uk/coronavirus, including written advice in other languages.

Important information for when you are discharged from hospital

Managing COVID-19 symptoms at home:

- There is currently no specific treatment for COVID-19.
- Antibiotics do not help, as they do not work against viruses.
- Take paracetamol (follow the instructions on the packet) to reduce a high temperature and improve symptoms whilst your body fights the illness.
- Get plenty of rest and do not overexert yourself until feeling back to normal.

You should seek advice from the 111 COVID-19 service if:

- you cannot cope with symptoms at home
- your condition gets worse after 7 days
- your symptoms (excluding cough) have not improved after 7 days.

You should call 999 if:

- if you are struggling to breathe, i.e. you are breathing harder and faster than normal when doing nothing at all and this has become worse in the past hour, and/or you are so breathless that you are unable to speak more than a few words.

If you need help or advice not related to COVID-19:

- for health information and advice, visit www.nhs.uk or your GP surgery website
- for urgent medical help, visit www.111.nhs.uk – only call 111 if you're unable to get help online
- for life-threatening emergencies call 999 for an ambulance.



www.nhs.uk/conditions/coronavirus-covid-19

Please note that the NHS has re-organised services to safely care for patients with and without COVID-19.

Hospitals will continue to look after patients with a serious injury or illness.

Please use the available 111 services if you need urgent medical help, calling 999 if the situation is immediately life-threatening.

A delay in seeking medical attention could be dangerous.

To find out more about how services at Oxford University Hospitals NHS Foundation Trust are adapting due to COVID-19, please visit:
www.ouh.nhs.uk/covid-19

If you need an interpreter or would like this information leaflet in another format, such as Easy Read, large print, Braille, audio, electronically or another language, please speak to the department where you have been seen. Contact details are available on our website and through the switchboard:

www.ouh.nhs.uk/contact

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www.ouh.nhs.uk/information

