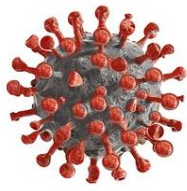


# Suspected or Confirmed Coronavirus

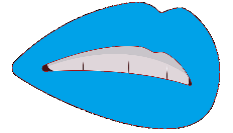


Adult Patients

## When to call 999:



- Becoming **very breathless**
- Finding it **hard to breath**
- Breathing **much faster** than normal



- Blue / grey lips or face
- **Chest pains**
- **Coughing up blood**
- New **confusion** or **difficult to wake up**



- Passing little or **no urine** in a day
- You feel so ill or are so worried about someone that you **fear they might die**



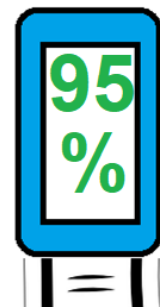
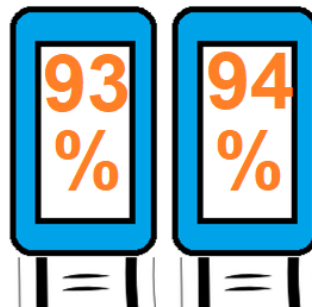
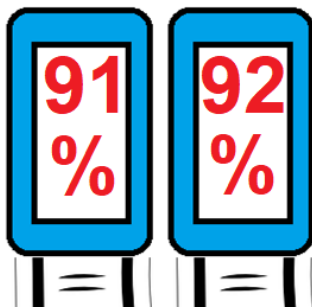
## If you have an oxygen saturation monitor:

Call 999

Call GP or 111

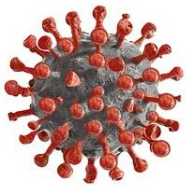
Continue to monitor

or less

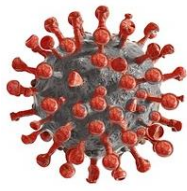


or more

\*Unless you have been told to accept different ranges by your doctor



# Suspected or Confirmed Coronavirus



Adult Patients

## When to call your GP or 111:

You do not have any of the symptoms on page 1



- You feel generally unwell / worse / breathless
- Oxygen saturations of 93-94% (see page 1)
- You are worried about yourself or someone else
- You feel that something is very wrong for example, extreme tiredness, aching all over, unable to care for yourself
- You need help or advice on managing someone's symptoms such as pain or discomfort

## Self-care

- **Drink plenty of fluids**
- **Self-isolate** (*follow government guidance*)
- **Take paracetamol** for pain relief / fever (*follow manufacturer's instructions*)
- **Check in regularly with friends / family or local support** to let them know you are okay
- **Further information can be found on the [NHS 111 symptom checker](#) & [NHS website](#)**

