If you have cold or flu like symptoms and in particular a new constant cough and/or a high temperature, stay in your accommodation and telephone your medical centre, do not go to the medical centre. They will discuss your symptoms with you and make a decision as to whether you are likely to have the virus? Not all cold/flu like symptoms are associated with COVID-19.

If they suspect that you have COVID-19 they will tell you to self-isolate and arrange a test. You may also be required to take the swab yourself for COVID-19, the medical staff will instruct you how this is done. A swab is effectively rubbing a cotton wool bud on the back of the throat and in the mouth and nose.

The swab will then be sent to a laboratory for analysis. When your results arrive the medical centre will advise you what you need to do.

If you test negative (i.e. told that you don’t have COVID-19) this does not mean that you won’t catch the virus in the future. If you become unwell again telephone your medical centre.

There are some groups who are at particular risk from the effects of COVID-19.

These include:

- Over 60s.
- Those with a long-term conditions such as chronic respiratory diseases (e.g. asthma, heart disease, bronchitis), diabetes, MS, kidney disease.
- Pregnant women.
- Those with a weakened immune system.

If you phone the medical centre when you suspect that you may have COVID-19 let them know that you are in a vulnerable group.