

## Coronavirus (COVID-19): guidance

Find guidance about coronavirus (COVID-19) for health professionals and other organisations. Published 3 March 2020

Last updated 16 March 2020 — [see all updates](#)

From:

[Public Health England](#)

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**The advice for anyone in any setting is to follow these main guidelines.**

1. The most common symptoms of coronavirus (COVID-19) are recent onset of a new continuous cough and/or high temperature. If you have these symptoms, however mild, stay at home and do not leave your house for 7 days from when your symptoms started. You do not need to call NHS 111 to go into self-isolation. If your symptoms worsen during home isolation or are no better after 7 days, contact [NHS 111 online](#). If you have no internet access, you should call NHS 111. For a medical emergency dial 999.
2. Wash your hands more often than usual, for 20 seconds using soap and hot water, particularly after coughing, sneezing and blowing your nose, or after being in public areas where other people are doing so. Use hand sanitiser if that's all you have access to.
3. To reduce the spread of germs when you cough or sneeze, cover your mouth and nose with a tissue, or your sleeve (not your hands) if you don't have a tissue, and throw the tissue away immediately. Then wash your hands or use a hand sanitising gel.
4. Clean and disinfect regularly touched objects and surfaces using your regular cleaning products to reduce the risk of passing the infection on to other people.

At the current time and based on our understanding of what is known of COVID-19 and other similar respiratory viruses, it is likely that older people and those with chronic medical conditions may be vulnerable to severe disease. As more information emerges, recommendations may change.

### Guidance for non-clinical settings

1. [COVID-19: guidance for households with possible coronavirus infection](#)

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2. [COVID-19: cleaning of non-healthcare settings](#)

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- 4. [COVID-19: guidance for employees, employers and businesses](#)

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- 6. [COVID-19: residential care, supported living and home care guidance](#)

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- 8. [COVID-19: shipping and sea ports guidance](#)

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- 9. [COVID-19: guidance on social distancing and for vulnerable people](#)

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**Guidance for health professionals**

1. **[COVID-19: background information](#)**

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2. **[COVID-19: investigation and initial clinical management of possible cases](#)**

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3. **[COVID-19: infection prevention and control](#)**

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4. **[COVID-19: guidance for primary care](#)**

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5. **[COVID-19: guidance for first responders](#)**

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6. **[COVID-19: guidance for Ambulance Trusts](#)**

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7. **[COVID-19: guidance for sampling and for diagnostic laboratories](#)**

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8. **[COVID-19: guidance for healthcare providers who have diagnosed a case within their facility](#)**

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