

Coronavirus (Covid 19)

Patient information leaflet

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If you need this leaflet in a different language or accessible format
please speak to a member of staff who can arrange it for you.

اگر به این بروشور به زبان دیگر یا در قالب دسترس پذیر نیاز دارید،
لطفاً با یکی از کارکنان صحبت کنید تا آن را برای شما تهیه کند.

Jeśli niniejsza ulotka ma być dostępna w innym języku lub formie,
proszę skontaktować się z członkiem personelu, który ją dla Państwa przygotowuje.

Dacă aveți nevoie de această broșură într-o altă limbă sau într-un format accesibil,
vă rog să discutați cu un membru al personalului să se ocupe
de acest lucru pentru dumneavoastră

如果您需要本传单的其他语言版本或无障碍格式，请联系工作人员为您安排。

إذا احتجت إلى هذه النشرة بلغة أخرى، أو بتنسيق
يسهل الوصول إليه، يرجى التحدث إلى أحد الموظفين لترتيب ذلك لك.

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What is Covid 19?

Coronavirus disease is also known as COVID-19 and is an infectious disease caused by the SARS-CoV-2 virus.

Most people infected with the virus can experience mild to moderate respiratory illness and recover without requiring special treatment.

However, some will become seriously ill and require medical attention. Older people and those with underlying medical conditions like cardiovascular disease, diabetes, chronic respiratory disease, or cancer are more likely to develop serious illness.

Anyone can get sick with COVID-19 and become seriously ill or die at any age. The best way to prevent and slow down transmission is to be well informed about the disease and how the virus spreads.

Get vaccinated when it is your turn and follow local guidance.



Call 999 or go to A&E if you or a child:

- Seems very unwell, is getting worse or you think there is something seriously wrong – children and babies in particular can get unwell very quickly.
- Get sudden chest pain.
- Are so breathless you are unable to say short sentences when resting or your breathing has suddenly got worse, in babies their stomach may suck in under their ribs.
- Start coughing up blood.
- Collapse, faint, or have a seizure or fit for the first time.
- A rash that does not fade when you roll a glass over it, the same as meningitis.



Ask for an urgent GP appointment or get help from NHS 111 if:

- You are worried about your or a child's COVID-19 symptoms or are not sure what to do, the symptoms are getting worse or are not getting better.
- You or a child have other signs of illness, such as a rash, loss of appetite, or feeling weak.
- You or a child have a high temperature that last 5 days or more or does not come down with paracetamol.
- A child under 3 months old and has a temperature of 38C or higher, or you think they have a high temperature.
- A child 3 to 6 months old and has a temperature of 39C or higher, or you think they have a high temperature.
- It is particularly important to get help if you are at increased risk of getting ill from COVID-19, such as if you are pregnant, aged 60 or over, or have a weakened immune system.
- You can call 111 or get help from 111 online.



Symptoms of Covid 19:

- A high temperature or shivering (chills) – a high temperature means you feel hot to touch on your chest or back (you do not need to measure your temperature).
- A new, continuous cough – this means coughing a lot for more than an hour, or 3 or more coughing episodes in 24 hours.
- Loss or change to your sense of smell or taste.
- Shortness of breath.
- Feeling tired or exhausted.
- Aching body.
- Headache.
- Sore throat.
- Blocked or runny nose.
- Loss of appetite.
- Diarrhoea.
- Feeling sick or being sick.

The symptoms are very similar to symptoms of other illnesses, such as colds and flu. Most people feel better within a few weeks, but it can take longer to recover. For some people, it can be a more serious illness and their symptoms can last longer.

What to do if you have symptoms of COVID-19

Try to stay at home and avoid contact with other people if you or your child have symptoms and either:

- Have a high temperature.
- Do not feel well enough to go to work, school, childcare, or do your normal activities. You can go back to your normal activities when you feel better or do not have a high temperature.

If your child has mild symptoms such as a runny nose, sore throat or mild cough, and they feel well enough, they can go to school or childcare.

If you test positive for COVID-19

Most people do not need to take a COVID-19 rapid lateral flow test if they have symptoms.

But if you choose to do a test and the result is positive:

- Try to stay at home and avoid contact with other people for 3 days after the day the test was taken if you or your child are under 18 years old – children and young people tend to be infectious for less time than adults.
- Try to stay at home and avoid contact with other people for 5 days after the day you took your test if you are 18 years old or over.
- Avoid meeting people who are more likely to get seriously ill from infections, such as people with a weakened immune system, for 10 days after the day you took your test.

How to look after COVID-19 symptoms yourself:

Do

- Get lots of rest.
- Drink plenty of water to avoid dehydration (your pee should be light yellow or clear).
- Take paracetamol or ibuprofen if you feel uncomfortable.
- Try having a teaspoon of honey if you have a cough – do not give honey to babies under 12 months.
- Try turning the heating down or opening a window to help with breathlessness.
- Breathe slowly in through your nose and out through your mouth, with your lips together like you are gently blowing out a candle.
- Sit upright in a chair to help with breathlessness.
- Relax your shoulders, so you are not hunched to help with breathlessness.
- Lean forward slightly – support yourself by putting your hands on your knees or on something stable like a chair to help with breathlessness.

Do not

- Do not lie on your back if you have a cough – lie on your side or sit upright instead.
- Do not use a fan to cool your room as it may spread the virus.
- Try not to panic if you are feeling breathless – this can make it worse.

