

A NEW CONTINUOUS COUGH

A NEW CONTINUOUS COUGH MEANS:

- you are coughing a lot for more than 1 hour



OR

- you have been coughing a lot 3 or more times in 24 hours
- if you normally have a cough, it may be worse than usual.



The coronavirus cough is a dry cough. This means it does not produce any phlegm or mucus (so you do not cough anything up like you would with a chesty cough).

If you have a chest condition you may already cough. If you have symptoms of coronavirus, you may have a cough that is different from your normal cough, or your normal cough may feel worse than usual.

WHAT TO DO:

- rest
- drink lots of fluids (avoid alcohol and caffeine)
- take paracetamol if you have it (unless you are allergic or have been told by your doctor not to).



A HIGH TEMPERATURE OR FEVER

A high temperature or fever is a normal way for your body to fight infection.

This is because the increase in body temperature makes it harder for viruses and bacteria to survive.

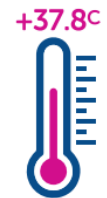


HAVING A HIGH TEMPERATURE OR FEVER CAN MEAN:

- your head, chest, neck or back feels hot when you touch it
- you might feel sweaty
- you might feel tired or exhausted
- you might feel warm, cold or shivery
- you might have a headache or a sore throat
- you might feel achy.

You do not need to take your temperature to know you have a fever.

If you do have a thermometer however, a fever is when your temperature is 37.8C or higher.



WHAT TO DO:

- rest
- wear loose, comfortable clothes
- place a cold, damp cloth on your forehead or the back of your neck when you are resting
- make sure your room is not too hot (but do not try to make yourself feel cold)
- drink lots of fluids (avoid alcohol and caffeine)
- take paracetamol if you have it (unless you are allergic or have been told by your doctor not to).