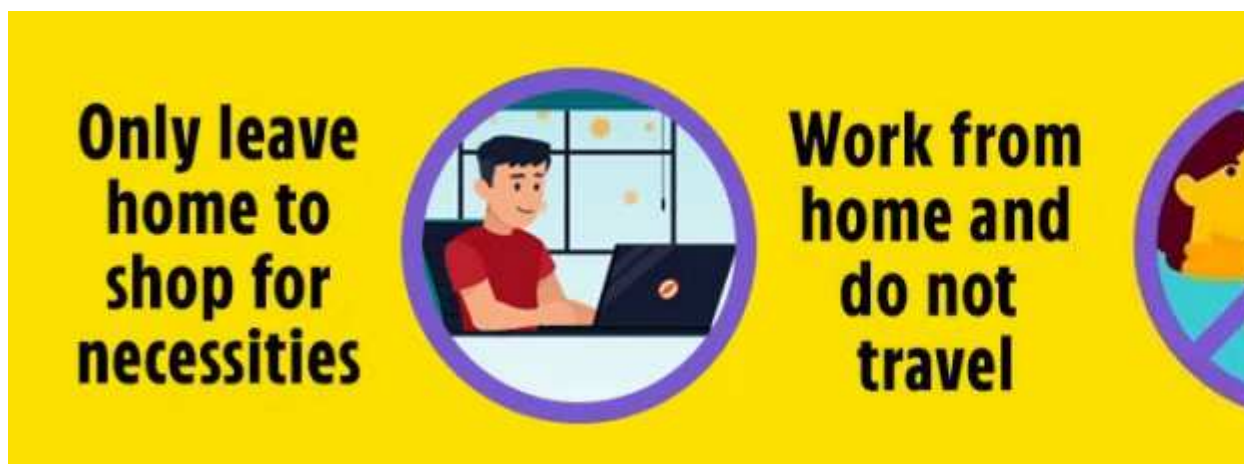


# Coronavirus symptoms and when to self-isolate - the 3 signs to quarantine yourself now

*Lucy Jones, Digital Health & Fitness Reporter*



**THE UK government are urging people to remain indoors to avoid further spreading coronavirus.**

They say this is essential during the [COVID-19](#) pandemic in a bid to slow the spread, protect others and ease the pressure on the NHS.

**⚠ Read our [coronavirus live blog](#) for the latest news & updates**



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The government says that if you have symptoms of Covid-19, however mild, you should not leave your home for seven daysCredit: Getty Images - Getty

It comes as the number of UK coronavirus cases has risen to 2,626 - up 676 people in the last 24 hours - and the death toll stands at 108.

The government says that if you have symptoms of Covid-19, however mild, you should not leave your home for seven days from when your symptoms started.

Current advice from the government states that if you live alone and notice the main symptoms of Covid-19, however mild, you should self-isolate for seven days.

As the virus is new experts are still working to understand it but the most common symptoms of coronavirus infection usually include:

1. A dry cough
2. A high temperature
3. Shortness of breath

If you live with other people the whole household must self-isolate for at least 14 days, to avoid spreading the bug outside the home.

After the 14 day period is up, all members of your household who are free of any symptoms can return to their normal routine.

But, if anyone still has symptoms, they should self-isolate for seven days - from when their symptoms start. It may mean staying at home longer than the 14 day period.

**Tap to see where COVID-19 is near you**

## **CORONAVIRUS CRISIS - BE IN THE KNOW**

Get the latest coronavirus news, facts and figures from around the world - plus essential advice for you and your family.

To receive our Covid-19 newsletter in your inbox every tea time, [sign up here](#).

To follow us on Facebook, simply ['Like' our Coronavirus page](#).

This action will help protect others in your community while you are infectious.

Some patients may also have aches and pains, nasal congestion, runny nose, sore throat or diarrhoea - but these are usually mild and begin gradually.

Developing these symptoms does not necessarily mean you have the illness and they are similar to other illnesses, such as the common cold or flu.

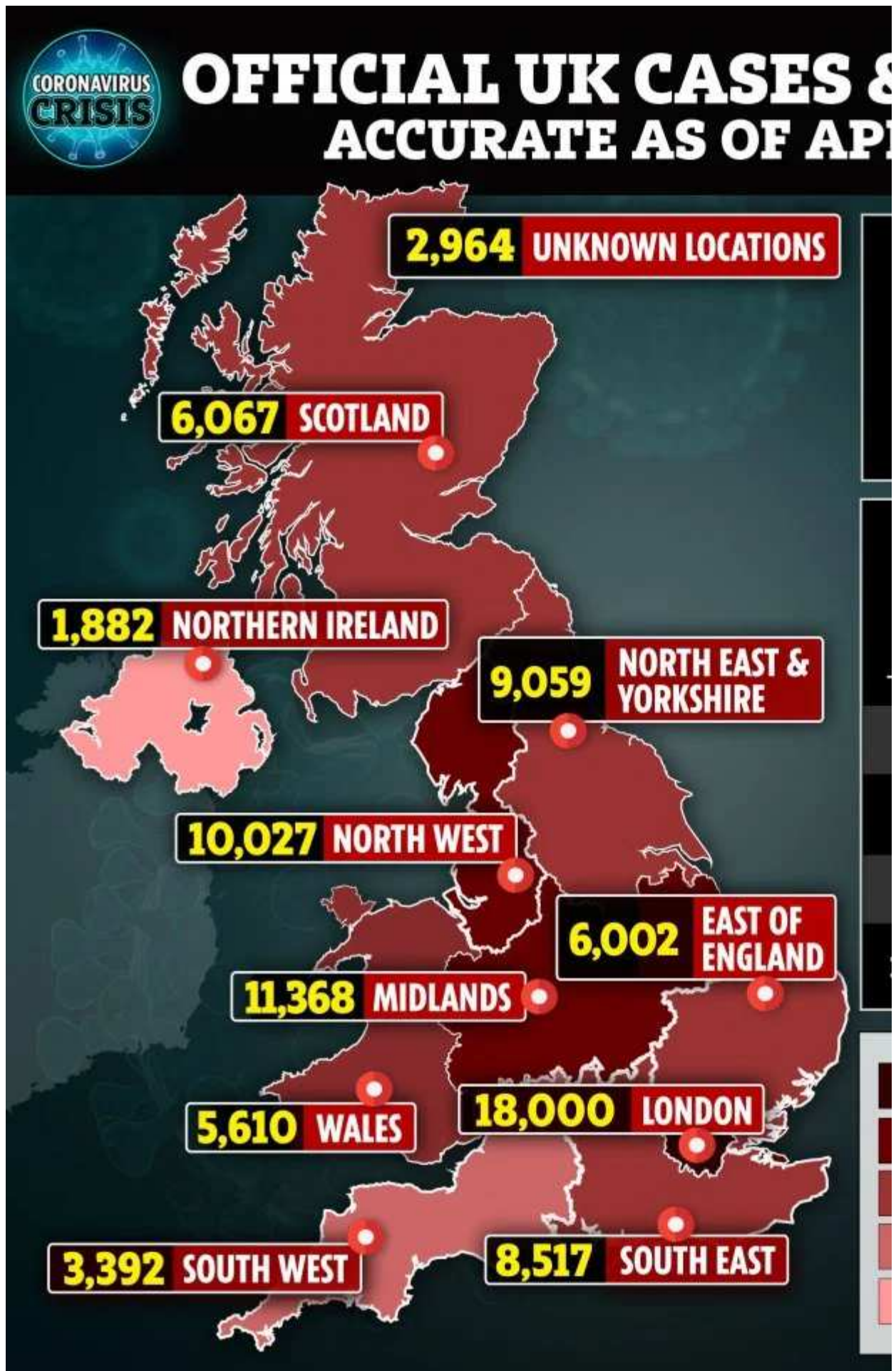
Some people will not develop all of these symptoms - and some might not even show symptoms at all, experts say.

Sir Patrick Vallance, the UK's chief scientific adviser, said: "It looks quite likely that there is some degree of asymptomatic transmission.

"There's definitely quite a lot of transmission very early in the disease when there are very mild symptoms."

Around one out of every six who gets Covid-19 become seriously ill and develops difficulty breathing, according to the WHO.

Older people, and those with underlying medical problems like high blood pressure, heart problems or diabetes, are at most risk developing serious illness.



This can include pneumonia and swelling in the lungs, which can make it hard for the lungs to pass oxygen into the bloodstream - leading to organ failure and death.

Severe pneumonia can kill people by causing them to "drown" in the fluid flooding their lungs.

People with fever, cough and difficulty breathing should seek medical attention, the WHO says.

The symptoms of coronavirus are similar to other respiratory illnesses such as the flu and the common cold.

However, with the flu, symptoms can come on much quicker than with coronavirus.

Coronavirus is believed to be [transmitted between people through droplets spread from coughing](#) and touching or shaking hands.

While sneezing is not a symptom of the new coronavirus, it is also thought to be a way that droplets can be spread.

Symptoms are thought to appear between two and 11 days.

New research has found that [the average incubation period of Covid-19 is 5.1 days](#).

# GOVERNMENT CORONAVIRUS

The infographic is a grid with a dark background. At the top, the title 'GOVERNMENT CORONAVIRUS' is written in large, bold, white letters. Below the title, there are three rows of information. The first row features an icon of three stylized human figures in blue, with the text 'SOCIAL MIXING' to its right. The second row shows two icons of people's faces (a woman and a man) with the text 'Age 0-69' to their left, and a red box with the text 'ADVISED AGAINST' to their right. The third row shows two icons of older people's faces (a woman and a man) with the text 'Age 70+' to their left, and a red box with the text 'STRONGLY ADVISED AGAINST' to their right. The fourth row shows the text 'People with UNDERLYING HEALTH CONDITIONS' in a white box, and a red box with the text 'STRONGLY ADVISED AGAINST' to its right.

Group	Advice
SOCIAL MIXING	
Age 0-69	ADVISED AGAINST
Age 70+	STRONGLY ADVISED AGAINST
People with UNDERLYING HEALTH CONDITIONS	STRONGLY ADVISED AGAINST

3

A study by the Johns Hopkins Bloomberg School of Public Health in the US found that almost all (97.5 per cent) of those who develop symptoms appeared to do so within 11.5 days of infection.

Experts say there is little evidence to suggest that people can spread the virus without showing symptoms.

Currently, [there is no vaccine](#) to protect people against the virus.











Antibiotics do not help, as they do not work against viruses - only bacteria.

Health bosses say the best way to protect yourself and others is to [wash your hands](#) with soap and water for the time it takes to sing Happy Birthday twice.

Happy Birthday takes about 20 seconds to sing twice and is said to be the perfect

number to clean your hands to thoroughly.

# HAVE I GOT A COLD, FLU OR

SYMPTOMS	CORONAVIRUS	CO
 <b>FEVER</b>	Common	R
 <b>FATIGUE</b>	Sometimes	Some
 <b>COUGH</b>	Common (usually dry)	M
 <b>SNEEZING</b>	No	Con
 <b>ACHES &amp; PAINS</b>	Sometimes	Con
 <b>RUNNY OR STUFFY NOSE</b>	Rare	Con
 <b>SORE THROAT</b>	Sometimes	Con
 <b>DIARRHOEA</b>	Rare	M
 <b>HEADACHES</b>	Sometimes	R
 <b>SHORTNESS OF BREATH</b>	Sometimes	M



3



## TRUMP LETS RIP

Trump hammers 'unreasonable govns who got carried away' with shutdowns



## POLITICAL PASTOR

Pastor says 'Dems virus shutdowns to continue so they can beat Trump'



Live Blog

## VIRUS CRISIS

Deaths jump by 888 to 15,464 as NHS hospitals to run out of gowns this weekend



## HAIL YOUR HEROES

Readers salute Britain's bravest — from NHS heroes to selfless neighbours



Comment

## **IaIn Duncan Smith**

Govt must put their trust in Brits as they plan to unlock the lockdown



Exclusive

## **TIME TO GIVE BACK**

TV presenter Steph McGovern backs The Sun's Who Cares Wins Appeal



Exclusive

## **NOT READY YET**

UK still 'weeks away' from knowing if coronavirus antibody tests really work



## **GIVE STELLA SPACE**

Stella Maxwell sizzles in lingerie as she urges fans to social distance



## **VIRUS HELP**

My grandson is the only one ill, can the rest of the family go out to exercise?



Breaking

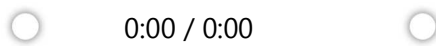
## CHURCH ON SUNDAY

Judge blocks Kansas gov's attempt to limit religious gatherings

If soap and water are not readily available, use a hand sanitiser that contains at least 60 per cent alcohol.

Cover all surfaces of your hands and rub them together until they feel dry.

Avoid touching your eyes, nose and mouth with unwashed hands.



Video Player is loading.

Current Time 0:00

Duration 00:33

Remaining Time 00:33

Flight delayed 8 HOURS by passenger who joked he 'has coronavirus'