

Check if you or your child has coronavirus symptoms

If you have any of the main symptoms of coronavirus (COVID-19), you must stay at home (self-isolate) and get a test.

Main symptoms

The main symptoms of coronavirus are:

- **a high temperature** – this 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 (if you usually have a cough, it may be worse than usual)
- **a loss or change to your sense of smell or taste** – this means you've noticed you cannot smell or taste anything, or things smell or taste different to normal

Most people with coronavirus have at least 1 of these symptoms.

What to do if you have symptoms

If you have any of the main symptoms of coronavirus:

1. **Stay at home (self-isolate)** – do not leave your home or have visitors. Anyone you live with, and anyone in your support bubble, must also self-isolate.
2. **Get a test** – get a test to check if you have coronavirus as soon as possible. Anyone you live with, and anyone in your support bubble, should also get a test if they have symptoms.

Get a test to check if you have coronavirus

Urgent advice: Use the NHS 111 online coronavirus service if:

- you're worried about your symptoms
- you're not sure what to do

Use the NHS 111 online coronavirus service

Call 111 if you cannot get help online. Do not go to places like a GP surgery, hospital or pharmacy.