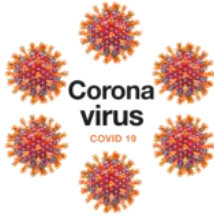




## How to get help from 111 by phone if you are feeling unwell at the moment.



If you have a **new cough** and or **temperature** or you can't **taste** or **smell** things, you may have **corona virus**.



Most **people** will be able to **look after themselves** at home.

You can **take paracetamol**



You should **drink water**



If you **think you need to see a doctor** stay at home and **contact NHS 111**



If you can not use a **computer phone or tablet** to get onto the internet. And you are not with someone who can.

**Call 111 on your phone.**



**They will ask your name**



**They will ask for your address**



They will **ask** if you are **male** or **female**



And **how old** you are in years.



Then it will **ask** what is **wrong?**  
cough, breathless etc

And may ask you?



Do you **feel hot to touch**

**YES** or **NO**



Is your **cough new or continuous**  
If you **normally cough** has it got **worse.**

**YES** or **NO**



They will tell you if they think you have Corona Virus.



They will **tell you what you need to do to look after yourself at home:**

- Resting
- Taking paracetamol
- Drinking water



Or they may arrange for a **Doctor or Nurse to speak to you**



Or arrange for **medication to be sent to your home.**



If you start to **feel very breathless or feel much worse.**

**Phone 111** or ask a carer to.