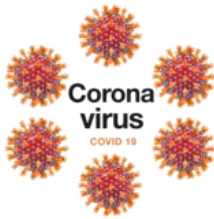




## How to get help from 111 online if you are feeling unwell at the moment.



If you have a **new cough** or **temperature** or you **cannot smell and taste things** or they **smell/taste different**.

**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 use a **computer phone or tablet** to get onto the **internet**.

**Ask someone to help you** if you can as it is **not in easy read**.

type in **111.nhs.uk**.

On the first page there is a **green box like this**

Start



Click on this and it will then ask you for your **postcode**



It 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



Then takes you to **list** of options  
**choose corona virus COVID 19.**

**Then will ask**



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**



The **computer** will tell you if it **thinks** you might have **Corona Virus**.



The **computer** will then **ask** some more **questions** .

To find out **how** to **help** you.



Then it will give you **advice** on how to **look after yourself at home**.



Or 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.