

This is your daily email to keep you updated on the government's response to COVID-19 (coronavirus).

New guidance for households with symptoms

Yesterday, the Government introduced new guidance on whole household isolation in response to the coronavirus (COVID-19) outbreak:

- if you live alone and you have symptoms of coronavirus (COVID-19), however mild, stay at home for 7 days from when your symptoms started
- if you live with others and you or another member of the household have symptoms of coronavirus, then all household members must stay at home and not leave the house for 14 days. The 14-day period starts from the day when the first person in the house became ill. It is likely that people living within a household will infect each other or be infected already. Staying at home for 14 days will greatly reduce the overall amount of infection the household could pass on to others in the community
- for anyone in the household who starts displaying symptoms, they need to stay at home for 7 days from when the symptoms appeared, regardless of what day they are on in the original 14-day isolation period.

The symptoms are:

- A high temperature (37.8 degrees and above)
- A new, continuous cough

The full stay at home guidance for households with these symptoms can be found here:

- <https://www.gov.uk/government/publications/covid-19-stay-at-home-guidance>

The Prime Minister's statement from Monday 16 March can be found here:

- <https://www.gov.uk/government/speeches/pm-statement-on-coronavirus-16-march-2020>

Handwashing advice

The most important thing individuals can do to protect themselves is to wash their hands more often, for at least 20 seconds, with soap and water. Public Health England recommends that in addition to handwashing before eating, and after coughing and sneezing, everyone should also wash hands after using toilets and travelling on public transport.

Watch this short NHS film for guidance:

- <https://youtu.be/bQCP7waTRWU>