

Information on COVID-19

You have been given this leaflet because you have recently tested positive for COVID-19.

You must now stay at home until the end of your isolation period.

During this time, you should not:

- ◆ go to work, school or visit public spaces (work from home if you can)
- ◆ use public transport or taxis
- ◆ go out for any food or medicine. Instead order it online, by phone or by asking someone to bring it to you
- ◆ have any visitors in your home, including friends and family - except for people providing essential care
- ◆ go out to exercise – exercise at home or in your garden, if you have one

All routine medical and dental appointments should be cancelled while you are staying at home. If you are concerned or have been asked to attend in person during this time, discuss this with your medical contact first (for example, your GP or dentist, local hospital or outpatient service).

Seek prompt medical attention if your illness or the illness of someone in your household is worsening.



Keeping safe at home

Anyone you live with, and anyone in your support bubble, must also stay at home until the end of their isolation period.

Please also make sure you have downloaded the track and trace app and use this to record details including your test results.

COVID-19 Infection



Patient advice leaflet

You should be able to manage your symptoms yourself at home and to help your recovery, you should:



Take paracetamol if you have a temperature



Try to quit smoking if you're a smoker



Avoid spending long periods of time lying flat in bed



Drink plenty of liquids



Sit up in a chair or try moving around your home or private garden

If at any time you feel like your symptoms are becoming unmanageable and you start to experience extreme tiredness or breathlessness, then please call your GP or NHS 111 as soon as possible.

Call 999 for an ambulance if you or someone you care for:

- are struggling to breathe
- are coughing up blood
- have blue lips or a blue face
- feel cold and sweaty, with pale or blotchy skin
- have a rash that does not fade when you roll a glass over it
- have collapsed or fainted
- become confused or very drowsy
- have stopped peeing or are peeing much less than usual

Tell the operator you might have tested positive for coronavirus.

Long Covid

You may have brain fog, a cough, tiredness or breathlessness for several weeks, despite the COVID-19 having cleared. This is known as Long Covid.

review. They will either carry this out via a telephone or video call, or you will be asked to go back for a face to face appointment.

If these symptoms continue for more than four weeks, then please call your GP for a



Support available to you

Your Covid Recovery

An online rehab service called Your Covid Recovery is available at:

<https://www.yourcovidrecovery.nhs.uk/>.

The service will give you information and advice on living with long Covid.

You can also set goals for your mental and physical health.

You can access the service through your GP.

Manchester COVID-19 Recovery Peer Support Group

Manchester also has a COVID-19 Recovery Peer Support Group which is accessible to Trafford residents.

If you are recovering from COVID-19 and interested in talking to others who are going through a similar experience, please call Val on 0161 230 1750 or email her at

mhcc.engagment@nhs.net

The group meet virtually every Wednesday evening from 6pm.



Support with Mental Health

Taking care of your mind as well as your body is really important if you are staying at home because of COVID-19.

If you need immediate support with your mental health, you can call 999. You can also call NHS 111, request an emergency GP appointment or call the Samaritans 24-hour crisis helpline on 116 123.

Please also visit the Every Mind Matters website if you are feeling stressed, anxious, low or are struggling to sleep.

<https://www.nhs.uk/oneyou/every-mind-matters/>



Protecting yourself and others from coronavirus

Once you and anyone in your support bubble no longer have to self isolate please make sure you follow the rules below to protect yourself and other from the coronavirus.



Wash your hands

frequently and thoroughly, for at least 20 seconds. Use alcohol based sanitizer if soap and water aren't available



Cover your mouth and nose

with a tissue when you cough or sneeze and then throw the tissue in the bin and wash your hands. Alternatively, cough or sneeze into your elbow



Avoid touching

your eyes, nose and mouth with unwashed hands



Avoid close contact

with people who are sick, sneezing or coughing and wear a face mask indoors accordance to the latest Government guidelines.

Further information and support

www.gov.uk/coronavirus

For a translation of this document, an interpreter or a version in large print, Braille or audio tape, please email trccg.communications@nhs.net