

# Know the Signs



High Temperature



Shortness of Breath



**Breathing Difficulties**



Cough

For 8 out of 10 people, rest and over the counter medication can help you feel better.



Wash



Cover



Avoid



Clean



Stop



Distance

If you have symptoms, self-isolate to protect others and phone your GP. Visit [www.nhs.uk](http://www.nhs.uk) for updated factual information and advice or call 111