



# New Manchester Message for COVID-19 Symptoms and Advice

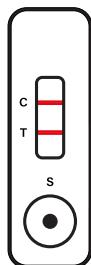
Even though life is getting back to normal, COVID-19 is still with us and it's still a worrying time for many. Here's what we can all do in Manchester to keep looking after one another.



#MCRMessageCovid19

[www.manchester.gov.uk/coronavirus](http://www.manchester.gov.uk/coronavirus)

## What to do for the best if you know you have COVID-19:



**Adults:** Stay home for 5 days after testing positive and avoid contact with others.

**Children and young people:** Stay home for 3 days after testing positive. They can return to school or college after those 3 days **IF** they feel well and do not have a high temperature (38°C or above).

If you live in a house with someone who has COVID-19 or have stayed overnight in a house where someone had it, **it's best to be careful and not meet people who may be at high risk** (or living with a health condition) **for 10 days**, as you could have caught COVID-19 too.

## What to do for the best if you have coughs, sneezes or any signs of a breathing infection (and haven't tested for COVID-19):



**Adults:** It can be hard to tell the difference between a cold, flu, breathing infections, or symptoms of COVID-19. All these things can be spread, so if you feel unwell, too ill to go to work, or have a high temperature (38°C or above), **it's best to stay at home and avoid contact with others.**

It's fine to go back to your normal routine (such as work or visiting people) **once your temperature comes down and you feel well enough to do so.**

**Children and young people:** Those with mild symptoms (eg. runny nose) who are well can continue to go to nursery, school or college.

However, **if they have a high temperature, they should stay at home and avoid contact with other people until their temperature goes down.**

## These are the main symptoms of COVID-19:



Blocked or  
runny nose



Feeling tired or  
exhausted



Sore throat



Headache



Sneezing



High temperature  
(38°C or above)



New continuous  
cough



Change to sense  
of smell or taste



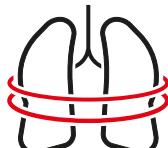
An aching body



Feeling sick or  
being sick



Loss of appetite



Shortness of  
breath



Diarrhoea

## Where to get help

If in doubt, or you have any questions or fears linked to the pandemic, please ring our **free Manchester COVID-19 helpline on 0800 840 3858 or text 07890 036892, open 7 days a week from 9am to 5pm.** Advice is from a nursing team, and a translation service is available.

## What else can I do?



**Wear a mask in crowded spaces or when it feels right**



**Stay at home for at least 5 days if you have Covid-19 and avoid contact with others**



**Keep washing your hands regularly - it really helps**



**Keep windows open if you meet others inside to reduce spreading the virus**



**Please take up the vaccination offer – it's never too late.  
[www.manchester.gov.uk/getmyjab](http://www.manchester.gov.uk/getmyjab)**

**Thank you for your help and kindness  
to one another.**

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[www.manchester.gov.uk/coronavirus](http://www.manchester.gov.uk/coronavirus)**