

WHAT YOU NEED TO DO IF YOU FALL ILL WITH COVID-19 SYMPTOMS WHILST VISITING



If you develop **COVID-19** symptoms during your visit, don't ignore or try to hide your symptoms. It's important you act quickly to help yourself and protect those around you.

IT IS YOUR RESPONSIBILITY TO STAY SAFE AND KEEP OTHERS SAFE.

COVID-19 SYMPTOMS ARE:

- A new, continuous cough
- High temperature
- A loss or change to your sense of smell or taste

IF YOU DEVELOP SYMPTOMS, YOU SHOULD:

- Start to isolate indoors immediately
- Arrange a test, using your holiday address
- Let your accommodation provider know that you have symptoms and are getting a test.

If other people have travelled or are staying with you, follow the general advice as you would for a household at home. They will also need to isolate immediately and await your test result.

FAQS:

What happens if my test is negative?

- You can stop isolating if you feel well, have not had a fever in the last 48 hours, and anyone in your group who has symptoms has also tested negative.

Who do I contact if I need medical assistance or advice?

- You should contact your own GP or **call 111**.
- In a medical emergency, call **999**

What happens if my test is positive?

- You should continue isolating until at least 10 days after your symptoms started (or until 48 hrs after the end of any fever, whichever is later)
- Any close contacts that you are holidaying with need to continue to isolate until 14 days after your symptoms started. If any of them develop symptoms, they should also get tested.

Can I go home to isolate?

- Yes, but only if you feel well enough to travel, have private transport and can get home without needing to stop. If your journey is too far to do without anyone needing to get out of your vehicle then you will need to stay.

If I need to stay longer than planned due to isolation, will I need to pay?

- Yes. You will need to cover any additional accommodation costs.

Why do I need to tell my accommodation provider?

- So that they can ensure the right precautions are in place to keep you and other guests safe.
- So that they can ensure that you have all the support you need to isolate safely.
- They may need to alter other bookings if you need to stay longer than you had planned.

HOW DO I BOOK A TEST?

- **Online:** www.nhs.uk/coronavirus
- **Call:** 119

Please use the address of your holiday destination:



FURTHER ADVICE ON COVID-19:

NHS: nhs.uk/conditions/coronavirus-covid-19
UK Government: gov.uk/coronavirus

PROTECT OURSELVES. PROTECT OTHERS. PROTECT NORFOLK.