What you need to do if you fall ill with COVID-19 symptoms whilst visiting

If you develop COVID-19 symptoms during your visit, do not ignore or try to hide your symptoms. It is 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 feel unwell and experience any COVID-19 symptoms you must:

- **Stay indoors and self-isolate**
- **Arrange a test using your holiday address**

Do not ignore your symptoms: self-isolating and getting tested quickly is the best way that you can stay safe and protect others.

You MUST notify your accommodation provider.

If you need medical advice while you wait for your test results please contact your regular (home) GP or call 111.

If you are staying or travelling with others, they must also self-isolate and take appropriate action based on your test result.

How do I book a test?

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

Please use the address of your holiday destination:

INSERT HERE

Test results are issued by text or email so you do not need to wait for your results if you are due to return home before your result may arrive. You must return home the most direct way and do not use public transport.

What should I do if my test is positive?

If you feel well enough to travel and do not need to use public transport, you should return home as quickly and directly as you can

If you feel so unwell that you cannot travel or cannot avoid public transport, you should continue to isolate and call 111 for further advice

It is important that you do not use public transport. You must also tell your accommodation provider that you have tested positive.

My test was negative, can I stay?

Stay and enjoy your visit as planned but if you need medical assistance please call your own regular GP or 111.

Who to contact if you're unwell?

- **If you are ill and need medical advice, call 111 or your own GP**
- **In the event of a medical emergency, call 999**

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Local Resilience Forum

Further advice on COVID-19:

NHS: nhs.uk/conditions/coronavirus-covid-19

UK Government: gov.uk/coronavirus