



Compass House

Medical Centres

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CORONAVIRUS UPDATE 12/3/2020 - PM's Statement

The Prime Minister announced today at 5pm that we have moved from the containment phase to the delay phase of managing the COVID-19 pandemic.

Advice has now changed and travel and close contact is no longer relevant, only the new definition of Coronavirus type symptoms below:

- A high temperature - over 37.8

AND / OR

- A new continuous cough

*****IF YOU HAVE EITHER OF THESE SYMPTONS PLEASE STAY AT HOME AND SELF ISOLATE FOR 7 DAYS*****

Do not go to a GP surgery, pharmacy or hospital. This will help protect others and reduce the risk of spread.

You do not need to contact 111 to tell them you are staying at home.

Self isolation advice here: <https://www.nhs.uk/conditions/coronavirus-covid-19/self-isolation-advice/>

PLEASE USE THE NHS 111 ONLINE CORONAVIRUS SERVICE
(<https://111.nhs.uk/covid-19>) IF:

- You feel you cannot cope with your symptoms at home
- Your condition gets worse
- Your symptoms do not get better after 7 days

Only call 111 if you cannot get help online. If you have either of the Coronavirus symptoms please do not contact the surgery. Any appropriate support will be provided by the 111 service and we will not be able to see you in the practice.

Thank you

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