



# COVID TRIAGE SCREENING

All patients should be asked to confirm the following:

- 1) Do you currently have a persistent cough?
- 2) Do you have a high temperature?
- 3) Alterations to your sense of taste or smell?
- 4) Have you or any member of your household/family had a confirmed diagnosis of COVID-19 in the last 10 days?
- 5) Are you or any member of your household/family waiting for a COVID-19/SARS-CoV-2 PCR test result?
- 6) Have you travelled internationally in the last 10 days to a country that is on the government red list?
- 7) Have you or any member of your household/family been advised to isolate by any NHS organisation in the last 10 days?

If yes to any of the above questions try to stay at home and avoid contact with other people, until you no longer have a high temperature (if you had one) or until you no longer feel unwell. It is particularly important to avoid close contact with anyone who you know is at higher risk of becoming seriously unwell if they are infected with COVID-19 and other respiratory infections, especially those whose immune system means that they are at higher risk of serious illness, despite vaccination.

Try to work from home if you can. If you are unable to work from home, talk to your employer about options available to you.

If you have been asked to attend a medical or dental appointment in person, contact your healthcare provider and let them know about your symptoms.

You may wish to ask friends, family or neighbours to get food and other essentials for you.

If you leave your home while you have symptoms of a respiratory infection, and you have a high temperature or feel unwell, avoid close contact with anyone who you know is at higher risk of becoming seriously unwell, especially those whose immune system means that they are at higher risk of serious illness, despite vaccination.

The following actions will reduce the chance of passing on your infection to others:

wearing a well-fitting face covering made with multiple layers or a surgical face mask avoiding crowded places such as public transport, large social gatherings, or anywhere that is enclosed or poorly ventilated taking any exercise outdoors in places where you will not have close contact with other people

covering your mouth and nose when you cough or sneeze; wash your hands frequently with soap and water for 20 seconds or use hand sanitiser after coughing, sneezing and blowing your nose and before you eat or handle food; avoid touching your face.

Reduce the spread of infection in your household

While you are unwell there is a high risk of passing your infection to others in your household. These are simple things you can do to help prevent the spread:

try to keep your distance from people you live with

in shared areas wear a well-fitting face covering made with multiple layers or a surgical face mask, especially if you live with people whose immune system means that they are at higher risk of serious illness, despite vaccination

ventilate rooms you have been in by opening windows and leaving them open for at least 10 minutes after you have left the room

wash your hands regularly and cover your mouth and nose when coughing or sneezing

regularly clean frequently touched surfaces, such as door handles and remote controls, and shared areas such as kitchens and bathrooms

advise anyone that does need to come into your home that you have symptoms, so they can take precautions to protect themselves such as wearing a well-fitting face covering or a surgical face mask, keeping their distance if they can, and washing their hands regularly