

Coronavirus: Big rise in UK COVID-19 cases

What is the latest coronavirus advice?

Prime Minister Boris Johnson announced a significant escalation of UK measures in response to coronavirus earlier this week, including advising everyone in the country to **avoid pubs**, clubs, restaurants and theatres and to only make essential journeys.

- If you live alone and have a high temperature or a new and continuous cough, you should self-isolate for seven days
- If you live in a household with others and have a high temperature or a new and continuous cough, both yourself and all others in your household should stay isolated together for 14 days
- Everyone, including if you are not displaying symptoms yourself and live in a household where no one is displaying symptoms, should stop all unnecessary contact with others and all unnecessary travel
- You should work from home where possible and avoid venues such as pubs, clubs, theatres and restaurants
- Pay particular attention to the advice if you are over 70, pregnant, have underlying health problems or live in London
- Don't call the NHS 111 helpline if you have mild or moderate illness and instead seek advice online. But do call if your illness becomes more severe