



When and where to seek medical advice

Contact NHS 111

If you experience any of the following COVID-19 symptoms, you should contact 111 as soon as possible.

- Feeling breathless or difficulty breathing, especially when standing up or moving
- Severe muscle aches or tiredness
- Shakes or shivers
- If you use a pulse oximeter, your blood oxygen level is 94% or 93% or continues to be lower than your usual reading where your normal oxygen saturation is below 95% (re-take a reading within an hour first)
- Sense that something is wrong (general weakness, severe tiredness, loss of appetite, peeing much less than normal, unable to care for yourself – simple tasks like washing and dressing or making food).

You can access 111:

- Online at www.111.nhs.uk
- **By phone 111**
- **Via your GP.**

You should tell the operator you may have coronavirus.

Attend your nearest A&E within an hour or call 999

A minority of people with COVID-19 will suffer more severe symptoms. You should attend A&E as quickly as possible or call 999 immediately if you experience the following:

- Your blood oxygen levels are 92% or less (retake your reading immediately first)
- You are unable to complete short sentences when at rest due to breathlessness
- Your breathing gets worse suddenly.

OR if you develop these more general signs of serious illness:

- Cough up blood
- Feel cold and sweaty with pale or blotchy skin
- Collapse or faint
- Develop a rash that doesn't fade when you roll a glass over it
- Become agitated, confused or very drowsy
- Stopped passing urine or are passing urine much less than usual.

You should tell the operator you may have coronavirus and if you have a pulse oximeter give your oxygen saturation reading. These symptoms require urgent medical attention.



Blood oxygen and pulse oximeters

Oxygen level in the blood (the oxygen saturation) can be measured by using a pulse oximeter, a small device that you attach to your finger to take a reading. For more information on how to use a pulse oximeter please visit <https://youtu.be/ifnYjD4IKus>. Even if you do not feel breathless, your oxygen levels may be low. If you have a pulse oximeter and your blood oxygen level becomes lower follow the guidance in this leaflet on where to seek advice.

100	99	98	97	96	95	94	93	92	91	90 or less
Normal blood oxygen level for most people – stay at home and continue to check your blood oxygen level regularly.						If you continue to record these blood oxygen levels contact NHS 111 or your GP as soon as possible.		If you continue to record blood oxygen levels of 92% or less attend your nearest A&E immediately or call 999.		

It is important to seek help if you feel more unwell with any of the above symptoms. If your condition worsens, do not wait but act immediately.