

Try to stay at home if you're feeling unwell

If you develop [COVID-19 symptoms](#), self-isolate immediately and [get a PCR test](#), even if your symptoms are mild. You should self-isolate at home while you book the test and wait for the results. You must self-isolate if you test positive.

If you feel unwell but do not have COVID-19 symptoms, or your COVID-19 test is negative, you may still have an illness which could be passed on to other people. Many common illnesses, like the flu or the common cold, are spread from one person to another. This can happen:

- when someone infected with an illness breathes, speaks, coughs or sneezes, releasing respiratory particles which can cause infection in another person
- through surfaces and belongings which can also be contaminated when people who are infected with an illness cough or sneeze near them or if they touch them, the next person to touch that surface may then become infected

Staying at home until you feel better reduces the risk that you will pass on an illness to your friends, colleagues, and others in your community. This will help reduce the burden on our health services.