

Do you or someone in your household have symptoms suggestive of COVID-19?

- Fever
- Cough
- Tiredness
- Breathlessness
- Aches and pains
- Sore throat
- Diarrhoea and nausea

YES

SELF ISOLATION

Visit 111.nhs.uk/covid-19 for more detail and to get a sick note for your employer.

NO

Do you have any of the following:

1. Solid organ transplant
2. Cancer undergoing active chemotherapy or radiotherapy
3. Cancer of blood or bone marrow at any stage of treatment
4. Undergoing immunotherapy or antibody treatments for cancer
5. Bone marrow or stem cell transplant in last 6 months
6. Poorly-controlled diabetes
7. Cystic fibrosis
8. Severe asthma or severe COPD
9. Severe heart failure
10. Rare disease that increases the risk of infection
11. Taking immunosuppressive therapies that increase the risk of infection (including steroids)
12. Pregnant with significant heart disease

YES

SHIELDING

You will receive a letter from your GP or hospital team advising what to do.

Show this letter to your employer *instead* of a sick note.

NO

Are you over 70 years old or do you get invited for the flu vaccination each year?

YES

SOCIAL DISTANCING

Standard advice for everyone since 20 March 2020 anyway.

You do not need a sick note for this but may wish to discuss your job with your employer.

NO