

Advice for our Patients who have Tested Positive for Covid-19

Many people may have no or mild symptoms with Covid-19 which get better by themselves within a few weeks, however some people may have a more serious disease affecting the lungs and other organs. This can be more common in older people and those with certain underlying health conditions, although can also occur in those who are otherwise well.

When to seek help about symptoms of Covid-19

Get advice from NHS 111 or your GP if:

- You're feeling gradually more unwell or more breathless
- You have difficulty breathing when you stand up or move around
- You feel very weak, achy or tired
- You're shaking or shivering
- You've lost your appetite
- You're unable to care for yourself – for example, tasks like washing and dressing or making food are too difficult
- You still feel unwell after 4 weeks – this may be [long covid](#)

Go to 111.nhs.uk, call 111 or call Old Mill Surgery on 01508 492929

Go to A&E immediately or call 999 if:

- You're so breathless that you're unable to say short sentences when resting
- Your breathing has got suddenly worse
- You cough up blood
- You feel cold and sweaty, with pale or blotchy skin
- You have a rash that looks like small bruises or bleeding under the skin and does not fade when you roll a glass over it
- You collapse or faint
- You feel agitated, confused or very drowsy
- You've stopped peeing or are peeing much less than usual

(from www.nhs.uk/conditions/coronavirus-covid-19/self-isolation-and-treatment/how-to-treat-symptoms-at-home/)

Monitoring your Oxygen Levels at Home

If you have symptoms of breathlessness or cough, are over the age of 65, have any of the conditions listed below or have been told that you are at higher risk that the general population of serious Covid-19 or think that you might be, please contact Old Mill Surgery reception on 01508 492929 to discuss use of a home oxygen monitor.

The Practice can provide you with a device to monitor your oxygen levels at home, which can help to make sure that your lungs are functioning properly. We would recommend this to anybody with a positive Covid-19 test result who:

- **Has symptoms of cough or breathlessness.** If in doubt, or if you need to discuss your symptoms, especially if you are experiencing any of the symptoms listed in the yellow box at the top of this page, please contact the surgery on 01508 492929 to discuss with a clinician.
- **Is over the age of 65**
- **Has a health condition that might place them at higher risk of a serious infection from Covid-19.** This might include:
 - Lung conditions such as asthma, COPD, lung fibrosis, asbestosis, lung cancer
 - Heart conditions such as angina, heart attacks, heart failure or cardiomyopathy
 - Diabetes
 - Obesity
 - Cancers of the bone marrow
 - Down syndrome
 - A reduced immune system, for example due to medication for an organ transplant, chemotherapy or cancer treatment, bone marrow transplant, people without a spleen
 - Kidney or liver failure
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This list is adapted from government advice about risk of serious Covid-19 infection but does not cover everybody who we might benefit from monitoring their oxygen levels at home. If you are not sure if your health condition means that you might benefit from a home oxygen monitor please contact the surgery who can arrange for a doctor to review your records and advise if a monitor is required.

The surgery can provide you with a device along instructions about how to use it and what to look out for.

Looking after yourself at home

The link below will take you to guidance provided by the government on how to look after yourself at home with Covid-19. This includes advice about managing milder symptoms at home and when to call for help from your GP or an ambulance.

<https://www.nhs.uk/conditions/coronavirus-covid-19/self-isolation-and-treatment/how-to-treat-symptoms-at-home/>