

# I have flu symptoms

## What should I do?

Are you experiencing any of these symptoms?



Yes

Only some of the symptoms

Have you travelled to a country that has a risk of COVID-19 infection?

Have you been in contact with someone who has tested positive for COVID-19?

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Have you been in contact with someone who has tested positive for COVID-19?

Yes

No

Yes

No

If you are experiencing all these symptoms and can answer yes to these questions, there is a possibility that you have been infected with COVID-19.  
**Start self-isolating immediately.**

Call the NICD helpline on 0800 029 999. The NCID will send you to the closest public or private facility for testing.

A healthcare professional will conduct the test for sampling.

If you test positive for COVID-19, the NCID will track other people that came into close contact with you in the week before you started showing symptoms, they will be self-quarantined for 14 days.

If you have flu-like symptoms but have not been exposed to COVID-19. Or if you don't have flu-like symptoms but have been exposed to COVID-19, practice self-isolation.

Self-isolation should be done over 14 days. It is important to try and isolate yourself from individuals who are not exposed to the virus.

You are not at significant risk for COVID-19. You can take the preventative measures to monitor your health.

Only call your doctor if any of your symptoms change or call the NCID helpline on 0800 029 999.

### Precautions to follow to avoid being infected:

- ▶ Wash your hands frequently with soap and water.
- ▶ Maintain at least 1 metre of social distancing between yourself and anyone who is coughing or sneezing.
- ▶ Avoid touching your eyes, nose and mouth.
- ▶ Stay at home if you feel unwell.
- ▶ Stay informed and focus on the facts. Try and minimise exposure to rumours and misinformation.
- ▶ Do not share food and utensils.
- ▶ Don't eat raw food. Thoroughly cook meat and eggs.

If any of your symptoms change, immediately phone the NCID on 0800 029 999.