

MEDICAL SUPPORT FOR COVID-19

A 5-step guide should you develop symptoms

1. RECOGNISE SYMPTOMS



Symptoms of Coronavirus are typically mild in young healthy individuals:

- Fever, fatigue, dry persistent cough, weight loss, malaise, muscle pain, sore throat, difficult or laboured breathing, nasal congestion or headache
- Rarely, patients present with diarrhoea, nausea and vomiting

For more information visit - phw.nhs.wales/coronavirus/

2. SELF ISOLATE

- If you live alone and have symptoms, isolate for **7 days**
- If you live with other people **everyone**, regardless of whether **they** have symptoms, must isolate for 14 days
 - If housemates/family then develop symptoms they must isolate for a further 7 days from the day they demonstrate symptoms
- [Click here](#) for a visual representation from the NHS
- If you are concerned and want medical advice call 111



3. REPORT YOUR ILLNESS



- If you have symptoms you must **report it to the lead physiotherapist** for your sport
- Your physiotherapist will pass this onto the wider medical team

4. MEDICAL ADVICE

If the medical team decide that a phone consultation is required **we will contact you**



5. RETURN TO TRAINING



For advice on Return to Play please refer to our guidelines. These will be updated regularly