



NHS Tayside, Respiratory Support and advice re: COVID – 19

We recognise that you may be anxious at this time, given the government advice and media coverage of COVID 19.

To try and support you, Tayside Respiratory Managed Clinical Network in collaboration with NHS Tayside Acute Respiratory, Primary Respiratory Care and Research Respiratory Teams have developed this information and prompt sheet, this can help you support yourself and make safe decisions.

Other helpful information can be found on the British Lung Foundation website.

If your symptoms are not different to normal

You should:

- a. Self isolate (stay at home as much as possible and do not have visitors)
- b. Keep taking all of your regular medications
- c. Wash your hands regularly for 20 seconds with soap and water
- d. Cover your mouth and nose with a tissue or your sleeve if you cough or sneeze
- e. Avoid close contact with anyone that has symptoms, however mild
- f. Only travel if you need to, work from home and avoid public transport unless essential

If you have a temperature or a cough that is new or worse than usual but you do not feel more breathless than usual

You should:

- a. Continue to self-isolate and ask anyone in the house to also self-isolate for the next 2 weeks (14 days).
- b. Keep taking all of your regular medications.
- c. Take paracetamol up to 4 times a day to get the temperature down and drink plenty of water
- d. If you need advice, use the NHS 111 coronavirus service on the internet. If you don't have access to the internet, call 111 on the telephone.
- e. Do not go to your surgery or hospital unless it is an emergency
- f. If your sputum (phlegm) has changed colour or has increased in volume you should start your rescue antibiotics (if you have these available), or phone your GP practice for a consultation.



If you feel more breathless than usual, with or without a cough and a temperature

You should:

- a. Try taking your reliever (blue) inhaler 2-10 puffs up to 4 times per day through a spacer and see if this relieves the breathlessness
- b. If the breathlessness persists for more than 24 hours and/or you are struggling to cope with it, take your rescue steroid tablets (if you have these available).
 - i. If you have rescue steroid tablets at home, take these as instructed on the box. Please finish the course even if the breathlessness gets better
 - ii. If you don't have rescue steroids, contact your GP for a telephone consultation
- c. You should also continue to take 2-10 puffs of salbutamol every 4 hours (one puff every 30 seconds) through a spacer until your breathlessness improves
- d. Continue to self-isolate and ask anyone in the house to also self-isolate for the next 2 weeks (14 days).
- e. Keep taking all of your regular medications.
- f. Take paracetamol up to 4 times a day to get the temperature down
- g. Drink plenty of water
- h. If you need advice, use the NHS 111 coronavirus service on the internet.
 - i. If you don't have access to the internet, call 111 on the phone
- i. Do not go to your surgery or hospital unless it is an emergency.
 - i. If the symptoms get worse or you cannot cope with the breathlessness, call 111 for advice.
 - ii. You can still call 999 in an emergency as usual

If your symptoms are too much to cope with, and you are unable to manage at home

- a. Call 111 for advice.
- b. You can still call 999 in an emergency as usual.

If you feel you would benefit from antibiotics and/or steroids at home, please contact your GP practice or respiratory nurse to discuss the options. Home rescue packs are not always the best treatment option, but can help some people.

NHS 111 link:

<https://111.nhs.uk/covid-19>

British Lung Foundation:

<https://www.blf.org.uk/support-for-you/coronavirus>

We hope you have found this helpful and supportive information.