

Coronavirus

The regulations around Coronavirus have changed. As restrictions are now lifted across the United Kingdom there are still steps we should take to protect ourselves and others. You can now manage your symptoms at home. There is no legal requirement to self isolate or test for Covid-19.

Newcastle City Council has a dedicated [coronavirus webpage](#) for all the latest information.

Symptoms of Coronavirus

Coronavirus or Covid-19 is an infectious disease. It's a variant of [SARS-CoV-2](#) that is spread easily from person to person by coughing, sneezing and in droplets of saliva. The main symptoms of Covid-19 are:

- a new continuous cough
- high temperature
- loss or change in your sense of smell and or taste

Most infected people have mild to moderate symptoms, but others become very poorly. Some experience symptoms for a long time, this is known as Long Covid or post-COVID-19 syndrome. Some need hospital treatment and in the worst cases it can kill. Some people experience no symptoms at all and so they can spread Covid on to others without realising they are infected.

[Read more about the symptoms of Covid-19 on the NHS website.](#)

Face Masks

You can continue to wear a face mask in public if you want to. Choose a well fitted mask and use it to cover your nose and mouth.

Isolation

You no longer have to isolate if you have covid. You should try to stay at home if you have symptoms.

Read more about [when you need to self isolate on NHS.UK](#)

Testing

You are no longer required to test for covid. PCR tests and lateral flow tests are no longer available for free to the public. You can buy lateral flow tests in pharmacies and supermarkets.

You may be able to get free covid tests if you work in a hospice or care home, or if you have specific medical condition.

Read more from the NHS on [when and how to get tested](#)

Long Covid or post-COVID-19 syndrome

How long it takes to recover from Covid ranges from a few days to more than 12 weeks. Symptoms can be mild or severe. They include:

- fatigue
- shortness of breath
- joint pain
- nausea
- loss of sense of taste and smell
- depression and anxiety

[Read the full list of symptoms and how to request support from your GP if you think you have Long Covid.](#)

[Your Covid Recovery Website](#) is an NHS website with more information to help guide you through your recovery from Covid-19.

[What is long Covid? Watch videos in 5 South Asian languages.](#) Information from doctors on BBC News in Punjabi, Urdu, Sylheti, Gujarati, Tamil.

You may be invited to take part in the **[HEAL Covid](#)** trial on discharge from hospital.

How to avoid catching and spreading

Covid-19 is spread easily from person to person, even if you don't have symptoms.

[There are things you can do to avoid catching Covid-19 and spreading it to others including:](#)

1. Get vaccinated and boosted
 2. Wash your hands with warm water and soap for at least 20 seconds regularly (the time it takes to sing happy birthday twice)
 3. Think about wearing a face mask if meeting indoors in a crowded place
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Pregnant people at higher risk

There are things you can do to try to avoid catching covid, if you are pregnant and at a higher risk of becoming unwell, such as:

- get vaccinated
- open doors and windows to let in fresh air if meeting people inside
- wash your hands with soap and water or use hand sanitiser regularly throughout the day
- wear a face mask if you want to when in public

NHS advice for [pregnant people](#)

You are no longer required to

- wear a face mask in public, unless you want to do so
- test for Covid-19
- have a 'Covid pass' for travelling to the UK
- use the NHS Covid App to prove your vaccination status

Please note the NHS Covid App has now been removed from the App Store

Vaccinations

Some who people are more at risk of being very unwell if they catch coronavirus may be invited to have a booster vaccination.

Read more from the NHS on [vaccinations available currently](#).

You can [choose if you would like to be invited for a booster vaccination on the NHS website](#).

For local information on vaccinations visit [Newcastle City Council's vaccination page](#).

Travel to the UK

When you travel to England, **you do not need to:**

- complete a UK passenger locator form before you travel
- take any COVID-19 tests before you travel or after you arrive
- quarantine when you arrive

This applies whether you are vaccinated or not.

[Read more on gov.uk](#)

Holidays abroad and quarantine

Please keep an eye on the guidance for travel. Countries have moved in and out of the traffic light list and therefore quarantine and proof of vaccinations requirements change regularly. Please read [travel abroad from England during the coronavirus](#)

Last updated: September 27, 2024

Useful Organisations

NHS 111

Website: www.nhs.uk/111

NHS App

Website: <https://www.nhs.uk/apps-library/nhs-app/>

How Busy is Toon ?

Website: <https://howbusyistoon.com/>

Your Covid Recovery NHS website

Website: <https://www.yourcovidrecovery.nhs.uk/>

Health Champion Network

Email: communitychampions@newcastle.gov.uk

Website: <https://www.newcastle.gov.uk/community-champions>

Telephone: 0191 211 5055

Address: Newcastle Civic Centre, NE1 8QH

Related Articles

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