

All legal Covid restrictions in England have now ended.

Guidance (as detailed below) is available on the [Sheffield City Council website](#)

What should I do if I have Covid-19 Symptoms?

If you have symptoms, a high temperature, or do not feel well enough to carry out your normal activities, you are advised to:

- try to stay at home, avoid contact with other people and try not to attend work
- keep your distance from those you live with, if you can. Everyone should wash their hands more often, and sanitise surfaces where people come into contact
- avoid close contact with anyone who you know is at higher risk of becoming seriously unwell if infected with COVID-19 and other respiratory infections
- resume normal activities once you feel well enough to do so and no longer have a high temperature, if you had one

Children and young people who are unwell and have a high temperature should stay at home and avoid contact with other people, where they can. They can go back to school, college or childcare when they no longer have a high temperature, and they are well enough to attend.

Those who are at higher risk of getting serious ill from Covid-19, through free testing, may be eligible for community covid treatments. They will be informed by letter if this is the case and sent LFDs to keep at home. If they have symptoms, they should do a test and report the result. If the result is positive, they will be contacted to access antiviral treatments.

More information on higher risk individuals: [COVID-19: guidance for people whose immune system means they are at higher risk - GOV.UK \(www.gov.uk\)](#)