

Covid-19 Information

- **The most common symptoms of COVID-19 (coronavirus) are:**
- [fever \(high temperature - 38 degrees Celsius or above\)](#) - including having chills
- dry cough
- fatigue (tiredness)
- COVID-19 symptoms can be like symptoms of [cold](#), [flu](#) or [hay fever](#).

- **Other symptoms:**
- [loss or change to your sense of smell or taste](#) – this could mean they're completely gone or just different to normal
- nasal congestion (runny or blocked nose)
- [conjunctivitis](#) (also known as red eye or pink eye)
- sore throat
- headache
- muscle or joint pain (aches and pains)
- different types of skin rash
- nausea or vomiting
- diarrhoea
- chills or dizziness

What will I do if I am unwell?

If you or your child are feeling unwell- **STAY IN YOUR ROOM** and contact the Hotel reception- they have antigen tests to test if you need to test yourself for covid. If you have covid, ask the hotel or friends to deliver your meals to your room and you should rest there for 7 days. If you need Southdoc (emergency doctor) please contact hotel reception.

How do I protect myself against Covid-19?

- Wash hands regularly- use sanitiser
- Wear a mask in crowded indoor areas and on buses and taxis
- Get a vaccine- please contact the desk if you want a vaccine and it will be organised