# NHS updates Covid guidance with new warning on persistent high temperature



The NHS has issued updated guidance urging people to call 111 or book an urgent GP appointment if they experience a high temperature lasting five days or more while showing Covid symptoms. This alert aims to prompt timely medical attention for more severe cases of the illness, particularly as the virus continues to circulate at medium levels across the UK.

According to recent data from the UK Health Security Agency (UKHSA), Covid-19 cases have fallen slightly, with a weekly positivity rate dipping to 12% from 13.1% the previous week. Hospital admissions have also decreased marginally, although the oldest age group—those aged 85 and over—still faces the highest risk of hospitalisation due to the virus. This makes recognising serious symptoms critical for early intervention.

The specific symptom that triggers the NHS’s urgent advice is a high temperature of 38°C or higher (or feeling an unusually hot chest or back) persisting for five days despite taking paracetamol. Accompanying signs might include shivering, sweating, or warm, red skin. Apart from this, the NHS recommends calling 111 if you—or a child—are worried about worsening symptoms, experience additional illness signs such as rash or loss of appetite, or have a young child (under six months) with a high temperature.

Covid symptoms can mimic those of colds or the flu and include a new continuous cough, loss or change to sense of smell or taste, shortness of breath, fatigue, body aches, headache, sore throat, blocked or runny nose, diarrhoea, or nausea and vomiting. Most people recover within a few weeks, but some may have a longer or more serious illness course.

While mild symptoms can often be managed at home, the NHS advises self-isolation and reduced contact with others until you feel better and no longer have a high temperature. Children with mild symptoms but who feel well enough may still attend school or childcare.

For those at high risk of severe Covid illness—such as older adults or individuals with chronic health conditions—the NHS offers treatment assessments for COVID-19 following a positive test. Early treatment is emphasised for improved outcomes, and appointments can be arranged via a GP, NHS 111, or hospital specialists.

Vaccination remains a key protective measure. The UKHSA and the Joint Committee on Vaccination and Immunisation (JCVI) have updated criteria for the autumn 2023 booster programme. Eligible groups for the booster include all adults aged 65 and over, residents in care homes for older adults, individuals aged 6 months to 64 years in clinical risk groups, frontline NHS and social care workers, and those living with immunosuppressed household members. The autumn booster aims to reduce hospitalisations and severe Covid outcomes, with UKHSA data indicating steady vaccine uptake in priority groups.

This collective guidance underscores the importance of recognising persistent or worsening symptoms, seeking medical advice promptly, and maintaining vaccination to protect vulnerable populations during the ongoing circulation of Covid-19.

### 📌 Reference Map:

* Paragraph 1 – [[1]](https://www.birminghammail.co.uk/news/health/nhs-urges-people-call-111-32723115) (Birmingham Mail), [[2]](https://www.nhs.uk/conditions/coronavirus-covid-19/self-isolation-and-treatment/how-to-treat-symptoms-at-home/) (NHS UK)
* Paragraph 2 – [[1]](https://www.birminghammail.co.uk/news/health/nhs-urges-people-call-111-32723115) (Birmingham Mail), [[5]](https://ukhsa.blog.gov.uk/2025/06/26/whos-eligible-for-the-2025-covid-19-vaccine-or-autumn-booster/) (UKHSA)
* Paragraph 3 – [[1]](https://www.birminghammail.co.uk/news/health/nhs-urges-people-call-111-32723115) (Birmingham Mail)
* Paragraph 4 – [[1]](https://www.birminghammail.co.uk/news/health/nhs-urges-people-call-111-32723115) (Birmingham Mail), [[2]](https://www.nhs.uk/conditions/coronavirus-covid-19/self-isolation-and-treatment/how-to-treat-symptoms-at-home/) (NHS UK)
* Paragraph 5 – [[1]](https://www.birminghammail.co.uk/news/health/nhs-urges-people-call-111-32723115) (Birmingham Mail), [[2]](https://www.nhs.uk/conditions/coronavirus-covid-19/self-isolation-and-treatment/how-to-treat-symptoms-at-home/) (NHS UK)
* Paragraph 6 – [[3]](https://www.nhs.uk/conditions/covid-19/treatments-for-covid-19/) (NHS UK)
* Paragraph 7 – [[1]](https://www.birminghammail.co.uk/news/health/nhs-urges-people-call-111-32723115) (Birmingham Mail), [[4]](https://www.gov.uk/government/publications/covid-19-autumn-2023-vaccination-programme-jcvi-advice-26-may-2023/appendix-1-ukhsa-report-estimating-the-number-needed-to-vaccinate-to-prevent-covid-19-hospitalisation-for-booster-vaccination-in-autumn-2023-in-engla) (UKHSA), [[5]](https://ukhsa.blog.gov.uk/2025/06/26/whos-eligible-for-the-2025-covid-19-vaccine-or-autumn-booster/) (UKHSA), [[6]](https://ukhsa-newsroom.prgloo.com/news/autumn-booster-jcvi-advises-on-eligibility-groups-for-202324-programme) (UKHSA)
* Paragraph 8 – [[1]](https://www.birminghammail.co.uk/news/health/nhs-urges-people-call-111-32723115) (Birmingham Mail), [[5]](https://ukhsa.blog.gov.uk/2025/06/26/whos-eligible-for-the-2025-covid-19-vaccine-or-autumn-booster/) (UKHSA), [[7]](https://ukhsa-dashboard.data.gov.uk/metrics-documentation/covid-19-headline-vaccines-autumn23uptake/) (UKHSA)

Source: [Noah Wire Services](https://www.noahwire.com)

## Bibliography

1. <https://www.birminghammail.co.uk/news/health/nhs-urges-people-call-111-32723115> - Please view link - unable to able to access data
2. <https://www.nhs.uk/conditions/coronavirus-covid-19/self-isolation-and-treatment/how-to-treat-symptoms-at-home/> - The NHS provides guidance on managing COVID-19 symptoms at home, advising individuals to stay at home and avoid contact with others if they have symptoms such as a high temperature, new continuous cough, or loss of taste or smell. It also recommends taking a rapid lateral flow test if symptoms develop and contacting a GP surgery, NHS 111, or hospital specialist if the test is positive. The guidance emphasizes the importance of self-isolation and seeking medical advice when necessary.
3. <https://www.nhs.uk/conditions/covid-19/treatments-for-covid-19/> - The NHS outlines treatments available for COVID-19, particularly for those at the highest risk of severe illness. Eligible individuals aged 12 or over with symptoms and a positive test result can receive a COVID-19 treatment assessment. The page details the process for obtaining treatment, including contacting a GP surgery, NHS 111, or hospital specialist, and highlights the importance of early intervention for effective treatment.
4. <https://www.gov.uk/government/publications/covid-19-autumn-2023-vaccination-programme-jcvi-advice-26-may-2023/appendix-1-ukhsa-report-estimating-the-number-needed-to-vaccinate-to-prevent-covid-19-hospitalisation-for-booster-vaccination-in-autumn-2023-in-engla> - This UKHSA report estimates the number needed to vaccinate (NNV) to prevent COVID-19 hospitalisations for the autumn 2023 booster vaccination programme in England. It provides detailed methodologies and findings on the effectiveness of booster doses in reducing hospital admissions, severe hospitalisations, and deaths due to COVID-19, stratified by age and risk group. The report aims to inform decisions regarding the use of booster vaccinations in the specified period.
5. <https://ukhsa.blog.gov.uk/2025/06/26/whos-eligible-for-the-2025-covid-19-vaccine-or-autumn-booster/> - The UK Health Security Agency outlines eligibility criteria for the 2025 COVID-19 vaccine, also known as the 'Autumn Booster'. The guidance specifies that adults aged 65 and over, residents in care homes for older adults, individuals aged 6 months to 64 years in clinical risk groups, and frontline NHS and social care workers are eligible. It also discusses the importance of vaccination in maintaining protection against severe illness and hospitalisation, noting that protection from previous vaccinations may wane over time.
6. <https://ukhsa-newsroom.prgloo.com/news/autumn-booster-jcvi-advises-on-eligibility-groups-for-202324-programme> - The Joint Committee on Vaccination and Immunisation (JCVI) advises on eligibility groups for the 2023/24 COVID-19 autumn booster programme. The recommended groups include residents in care homes for older adults, all adults aged 65 years and over, individuals aged 6 months to 64 years in clinical risk groups, frontline health and social care workers, and individuals aged 12 to 64 years who are household contacts of people with immunosuppression. The advice aims to protect those at high risk of serious disease.
7. <https://ukhsa-dashboard.data.gov.uk/metrics-documentation/covid-19-headline-vaccines-autumn23uptake/> - The UKHSA data dashboard provides metrics on the uptake of COVID-19 vaccinations as part of the autumn 2023 campaign. It includes information on the percentage of individuals aged 65 years and over who have received the autumn 2023 vaccination, based on data from the National Immunisation Management Service (NIMS). The dashboard offers insights into vaccination coverage and helps monitor the progress of the vaccination programme.