

Coronavirus (COVID-19)

Keep Wales safe this winter

Important Coronavirus information that has been posted to every house in Wales – 23 November 2020



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Things you can do to keep safe



You can reduce the risk of catching coronavirus by carefully following these rules:



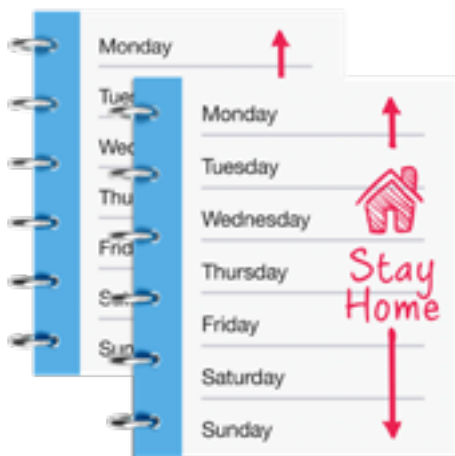
- You should **wash your hands** lots of times during the day.
- Stay at least **2 metres (3 steps)** away from people who do not live with you.
- **Wear a face mask** in places such as shops, and if travelling on buses, trains or in taxis.





Signs of Coronavirus

- **a high temperature** – this means you feel hot to touch on your chest or back
- **a new continuous cough** – this means coughing a lot for more than an hour and you haven't been doing that before
- **and a loss or change in taste or smell** – this means you cannot smell or taste anything or your taste or smell is different to normal.



What to do if you have signs of Coronavirus

Stay home for 14 days if you or someone in your house has signs of coronavirus, or if you're asked to by a contact tracer.

Get a test

You can book a test by:

- calling 119
- online at the NHS website.



Who are Contact Tracers?

Contact tracers are people who work for the Health Service. They will call you to tell you what to do if you've been very close to someone who has COVID-19. **They will only call from this telephone number 02921 961133.**



The NHS COVID-19 App



If you have a mobile phone you can get the NHS COVID-19 App. It will help you know if you're at risk of Coronavirus in the area you live or visit. You can get it from the App Store or Google Play.



It will also let you record places you have visited. You can do this by clicking on 'venue check in'.



It will tell you if you have spent time with another App user who has tested positive for coronavirus. This means you can be more careful around them and book a test if you get symptoms.



The App does not collect personal information so your personal information is safe.



Keep the number of people you meet as low as possible

Think about where you go and who you meet.



The more places you visit and the more people you meet especially indoors, increases your chance of catching coronavirus and passing it to others.



Help if you feel sad and lonely

Life is difficult at the moment. You may be feeling sad and lonely.

You can get help that doesn't cost any money

go online to www.callhelpline.org.uk

call 0800 132 737

text: Help to 81066.





You can still get help from the NHS if you are ill

Only call 999 if you are very ill.



If you are feeling poorly but are not very ill you can:

Go online <https://111.wales.nhs.uk>

call 111 for advice

or call your

Doctor

Chemist

Dentist

Optician

For the latest information about Coronavirus in Wales, please check the Welsh Government website gov.wales/coronavirus.

