



Llywodraeth Cymru
Welsh Government



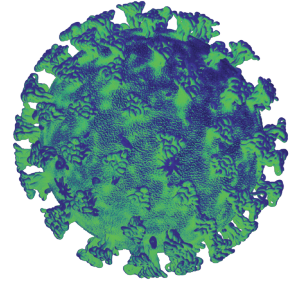
GIG
CYMRU
NHS
WALES

Iechyd Cyhoeddus
Cymru
Public Health
Wales

Coronavirus

Isolate your household

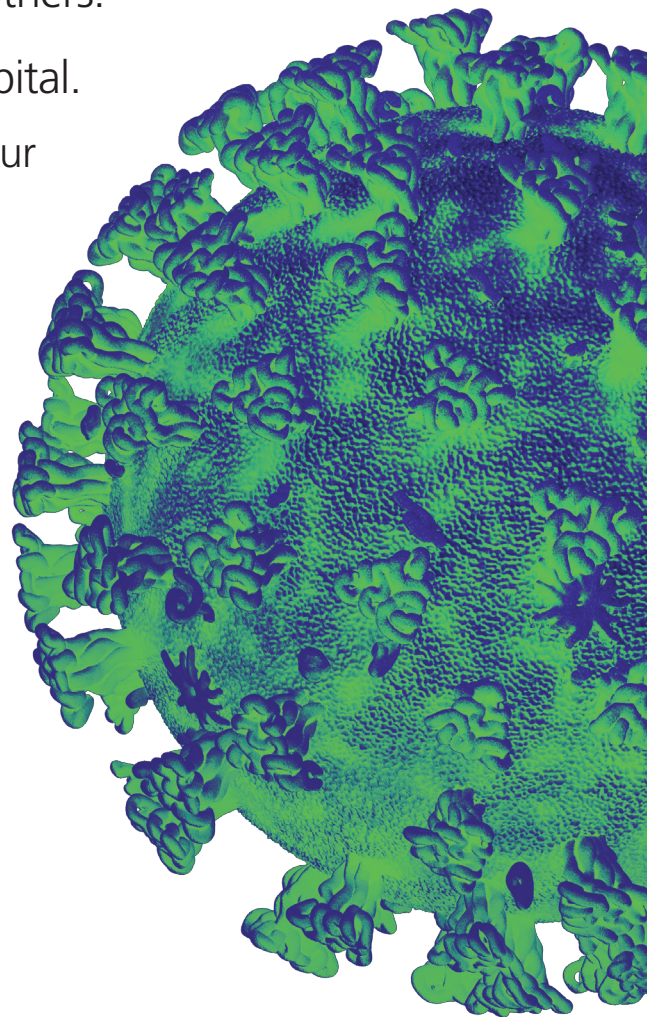
Stay at home



If you or anyone in your household has a high temperature or a new and continuous cough – even if it's mild

- ✔ **Everyone in your household must stay at home** for 14 days and keep away from others.
- ✘ **DO NOT** go to the GP, pharmacy, or hospital.
- ✔ **Go to [nhsdirect.wales.nhs.uk](https://nhs.uk)** to check your symptoms and follow the specialist medical advice. Only call NHS 111 if your symptoms worsen.
- ✔ **Protect** older people and those with existing health conditions by avoiding contact.

Find out how to isolate at home at phw.nhs.wales/coronavirus



CORONAVIRUS

**PROTECT
YOURSELF
OTHERS &
THE NHS**