Llywodraeth Cymru
Welsh Government

GIG CYMRU
NHS WALES
Iechyd Cyhoeddus Cymru
Public Health Wales

Coronavirus
# Isolate yourself
Stay at home

If you have a high temperature or a new and continuous cough – even if it's mild

- ✓ **Stay at home** for 7 days from the first symptom and keep away from others.

- ✗ **DO NOT** go to the GP or hospital.

- ✓ **Go to nhsdirect.wales.nhs.uk/COVID19/** 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
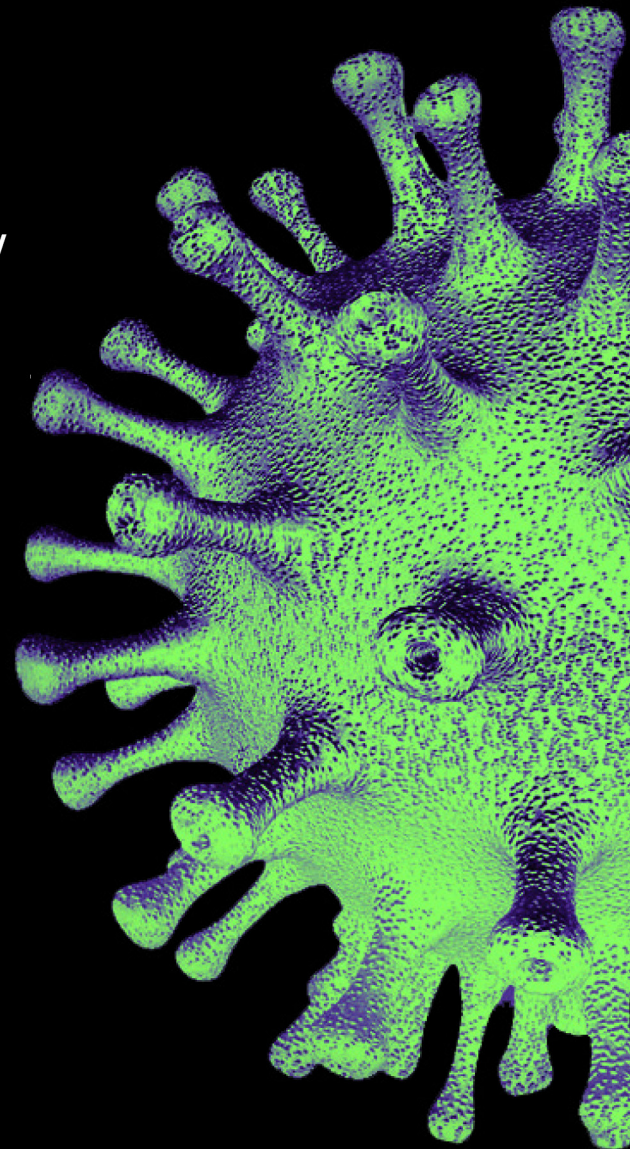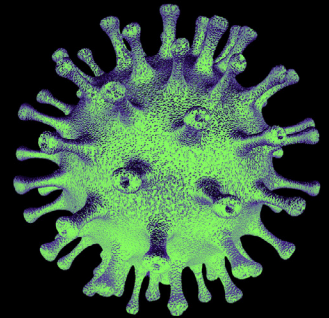
CORONAVIRUS
PROTECT
YOURSELF
OTHERS &
THE NHS