



Llywodraeth Cymru  
Welsh Government



GIG  
CYMRU  
NHS  
WALES

Iechyd Cyhoeddus  
Cymru  
Public Health  
Wales

# Coronavirus

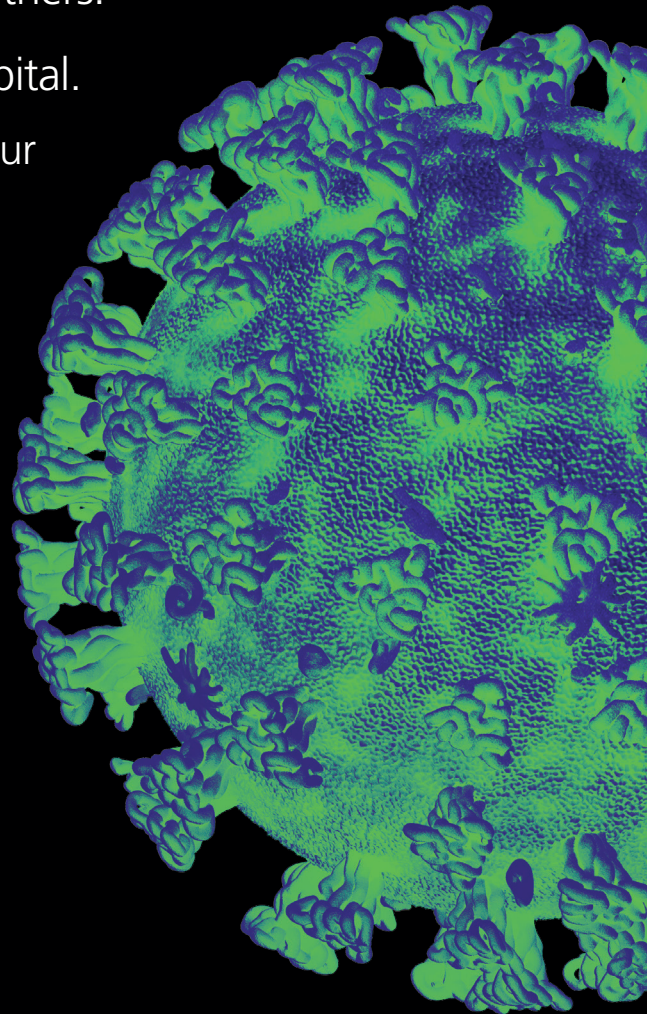
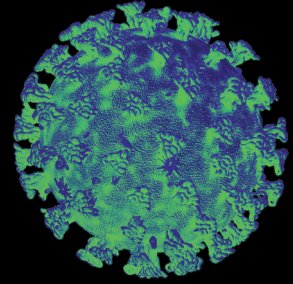
## Isolate your household

## 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](https://phw.nhs.wales/coronavirus)



**CORONAVIRUS**

**PROTECT  
YOURSELF  
OTHERS &  
THE NHS**