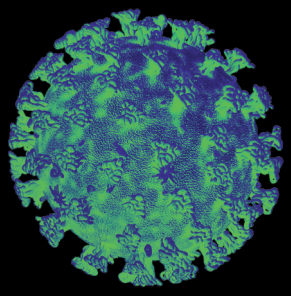
Llywodraeth Cymru
Welsh Government

GIG CYMRU NHS WALES
Iechyd Cyhoeddus Cymru
Public Health Wales

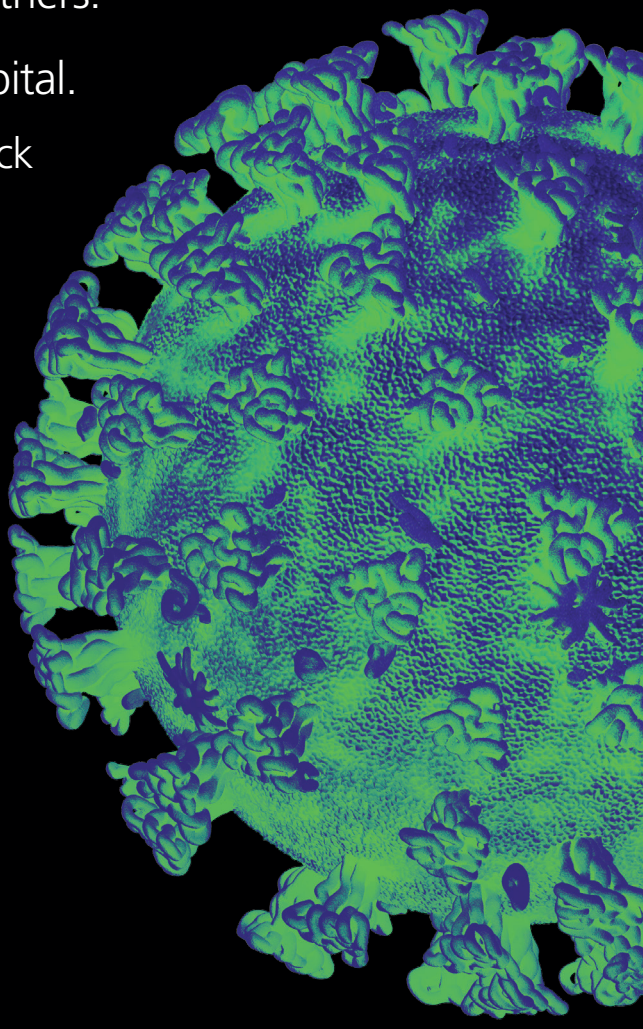
Coronavirus

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 phw.nhs.wales/coronavirus** 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

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