



Arriving in the UK from abroad?

Stay indoors and avoid contact with other people if you've travelled to the UK from the following places, even if you do not have symptoms:

- Anywhere in Italy on or after 9 March
- Specific areas in northern Italy in the last 14 days
- Iran in the last 14 days
- Hubei province in China in the last 14 days
- Daegu, Cheongdo or Gyeongsan in South Korea in the last 14 days

Stay indoors and avoid contact with other people if you've travelled to the UK from the following places in the last 14 days and have a cough, high temperature or shortness of breath, even if your symptoms are mild:

- Italy (outside specific areas in northern Italy) before 9 March
- Mainland China outside of Hubei province
- South Korea outside of Daegu, Cheongdo and Gyeongsan
- Cambodia
- Hong Kong
- Japan
- Laos
- Macau
- Malaysia
- Myanmar
- Singapore
- Taiwan
- Thailand
- Vietnam

Use the Covid-19 online symptom checker to find out what to do next:
www.nhsdirect.wales.nhs.uk/COVID19/

CORONAVIRUS

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YOURSELF
& OTHERS**