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