Coronavirus

Social Distancing

Social distancing means not getting too close to other people. It is a way to help stop coronavirus spreading from person to person.

You should:

Stay away from anyone who has symptoms of coronavirus. These symptoms include a high temperature and a dry cough.

You should keep 2 metres away from people when outside your cell. This is around 3 steps apart.

Do not share vapes

All visits are cancelled.

Keep clean and wash your hands
Always wash your hands with soap and water...

• Before leaving your cell
• When you go back to your cell
• When you move between different areas in the prison

Wash your hands before touching your eyes, nose, or mouth

When you cough or sneeze, cover your mouth with a tissue, put the tissue in a bin, wash your hands with soap and water

Do not share things you put in your mouth, like cups, bottles, drinking straws, or knives and forks

Social distancing is especially important for people who are likely to get very ill if they catch coronavirus.

The people who are more likely to get very ill from coronavirus are:

• People who are aged 70 or older.
• People who are pregnant.
• Adults who normally get a free flu jab because they:
  • Have breathing problems like asthma or bronchitis.
  • Have heart or kidney problems.
  • Have liver or spleen problems.
  • Have a learning disability.
• Have problems with the brain or nervous system like Parkinson’s disease, multiple sclerosis, cerebral palsy or motor neurone disease.
• Have diabetes.
• Have problems with the immune system. This is when the body finds it more difficult to fight illnesses.
• Are very overweight.

If you have symptoms of coronavirus you should:

1 Stay in your cell until told otherwise. This may be for between 7 and 14 days.
2 Stay away from other people as much as possible.

Tell a member of staff if you have symptoms and stay in your cell. This is the same advice as for those within the community.

Read more: phw.nhs.wales/coronavirus

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