



Llywodraeth Cymru
Welsh Government



GIG
CYMRU
NHS
WALES

Iechyd Cyhoeddus
Cymru
Public Health
Wales

Coronavirus

Isolate yourself

Stay at home

If you have a high temperature or a new and continuous cough – even if it's mild

- ✔ **Stay at home** for 7 days from the first symptom 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

CORONAVIRUS

**PROTECT
YOURSELF
OTHERS &
THE NHS**

