



Keep Wales safe this winter



Important Coronavirus information

We all need to help stop the spread of Coronavirus in Wales.

How to keep yourself and your family safe



WASH HANDS REGULARLY

Especially if you've been shopping, picked up a package or are about to handle food.



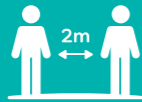
WEAR A FACE MASK

Where required.



SELF-ISOLATE

Stay home if you or someone in your household have symptoms, or if you're asked to by a contact tracer.



KEEP SOCIAL DISTANCING

Stay two metres away from other people who aren't in your extended household.



KNOW THE SYMPTOMS

The main symptoms of Coronavirus are a high temperature, a new continuous cough and a loss or change in taste or smell.

GET TESTED

Call 119 or book a test online immediately if you have any symptoms – even if they are mild.



HELP CONTACT TRACERS

Contact tracers will call with advice on what to do if you've been in close contact with someone who tests positive. They will only call from **02921 961133**.

REDUCE YOUR CONTACT WITH OTHER PEOPLE

Think carefully about where you go and who you meet. The more places you visit and the more people you meet, especially indoors, the more chances there are to catch Coronavirus and pass it to others.



GET THE NHS COVID-19 APP

It's a quick way to know if you're at risk of Coronavirus. Download it from the App Store or Google Play.



YOUR WELLBEING

We're living through a difficult time. It's more important than ever to look after your mental health and wellbeing. You can get free advice and help by going to www.callhelpline.org.uk, or calling **0800 132 737** or texting: **HELP** to **81066**.

THE NHS IS STILL HERE FOR YOU – HELP US HELP YOU

The way you access NHS services might be different this winter but it is still here for you when you need it. Help the NHS by keeping appointments, and using the right service for your illness or injury.

If you need help but it's not an emergency, visit <https://111.wales.nhs.uk>. Alternatively call **111** for advice or contact your GP, or a pharmacy, optician or dentist.

For the latest information and advice on Coronavirus in Wales, please check the Welsh Government website www.gov.wales/coronavirus

This leaflet is available in alternative formats upon request: customerhelp@gov.wales 0300 0604400



Llywodraeth Cymru
Welsh Government

A message from the First Minister of Wales

2020 has been a long and difficult year for us all. Coronavirus has cast a long shadow over all our lives, and there is not yet an end in sight to this deadly pandemic.

If we all pull together, we can – and will – make a difference to the course this virus will take.

This year, we have called on everyone to do extraordinary things, and make extraordinary sacrifices, to keep us all safe.

I am asking you to carry on doing all these things.

This is a virus, which thrives on human contact. If we are to keep the virus under control, we have to reduce infections.

Every time we meet someone, we risk passing the virus on or catching it ourselves.

As Christmas approaches, please think carefully about where you are going, what you are doing and who you are seeing.

This will help keep yourself, your family and friends safe.

Together we can Keep Wales Safe

Thank you



Mark Drakeford MS,
First Minister of Wales