



Special Info Burst - Coronavirus update

New rules on staying at home, and away from others

The only reasons to leave home are:

- ✓ To shop for basic necessities or pick up medicine
- ✓ To exercise once a day, alone or with members of your household
- ✓ Travelling to and from work when you absolutely cannot work from home
- ✗ Do not meet with others, even friends or family.

Where parents do not live in the same household, children under 18 can be moved between their parents' homes.

Coronavirus Symptom Checker

Symptoms include:

- A high temperature, where you feel hot to touch on your chest or back
- A new, continuous cough. This means coughing a lot, for more than an hour, or three or more coughing episodes in 24 hours. If you usually have a cough, it may be worse than usual.

Do not go to a GP surgery, pharmacy or hospital. For further advice, visit the [NHS Direct Wales Coronavirus symptom checker](#).

Only contact NHS 111 if you feel you:

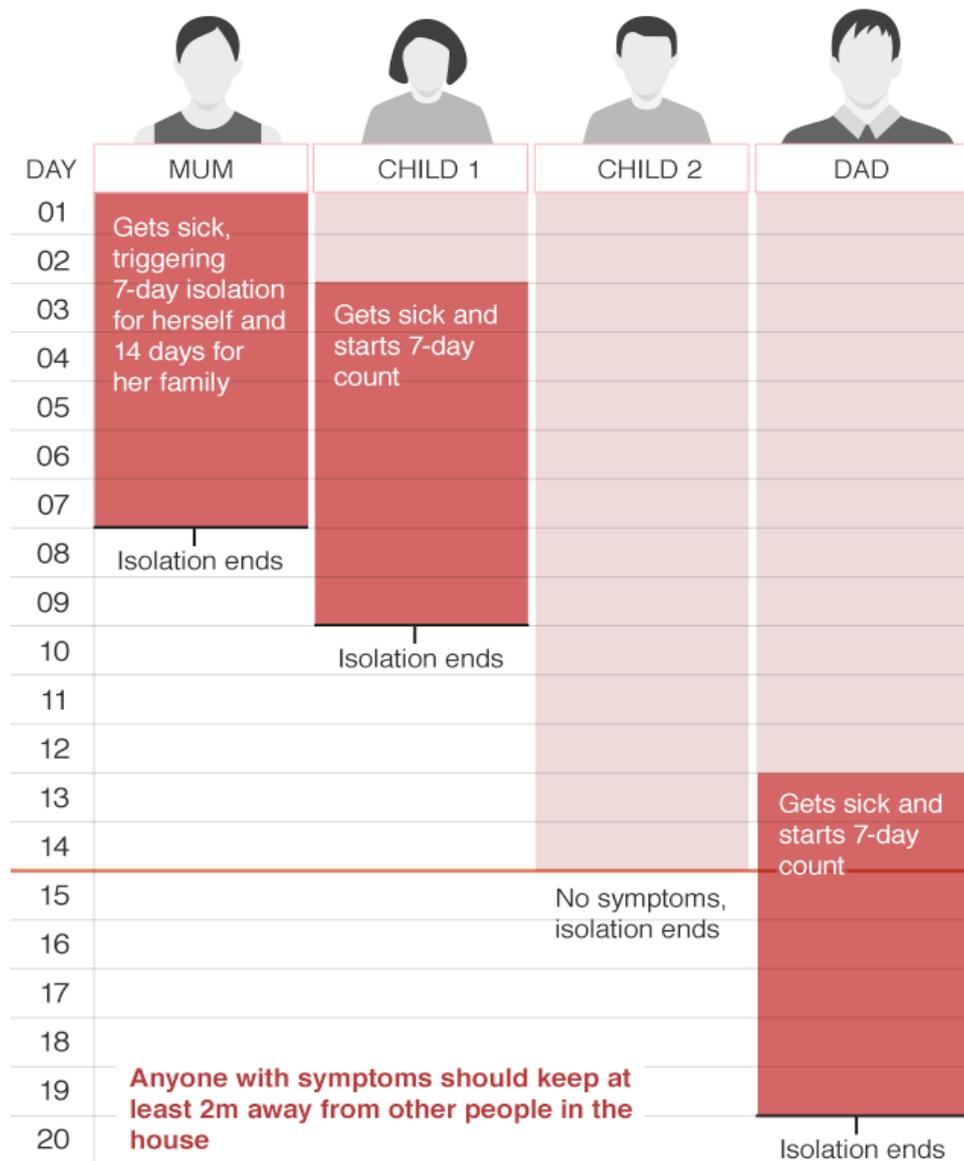
- Cannot cope with your symptoms at home
- your condition gets worse
- or your symptoms do not get better after 7 days.

111 lines are busy, but please be patient, you will get through.

Only call 999 if you are experiencing a life-threatening emergency.



What happens if someone in your family gets sick?



REMEMBER:

Minimise the time spent outside the home.

Ensure you keep 2 metres (6ft) away from people from outside your household.

Wash your hands as soon as you get home.



Extremely vulnerable groups

Following a Welsh Government announcement, people who are extremely vulnerable to Coronavirus due to an existing health condition will receive a letter from Wales' Chief Medical Officer. They will be advised to follow the shielding guidance. For further information visit [Welsh Government](#)

Government launches Coronavirus Information Service on WhatsApp

The new free to use service aims to provide official, trustworthy and timely information and advice about coronavirus (COVID-19). It will also help stop the spread of misinformation in the UK, and ensure people stay home, protect the NHS and save lives. For further information about the free [GOV.UK Coronavirus Information Service on WhatsApp](#). To use, simply add 07860 064422 in your phone contacts and then message the word 'hi' in a WhatsApp message to get started.

Looking after your health and wellbeing

To help yourself stay well while you're at home:

- Stay in touch with family and friends over the phone or on social media
- Try to keep yourself busy – you could try activities like cooking, reading, online learning and watching films
- Do light exercise at home, or outside once a day

Keep up to date by visiting: www.nhsdirect.wales.nhs.uk

You can spread the virus even if you don't have symptoms.