

Advice from Cardiff & Vale Health Board sent to us on 18th March 2020 11:11

Novel Coronavirus – advice for patients

The latest advice is to self-isolate for 7 days if you have a new continuous cough or high temperature.

If you live with other people, the entire household should stay at home for 14 days from the day the first person gets symptoms.

If you live with someone who is 70 or over, has a long-term condition, is pregnant or has a weakened immune system, try to find somewhere else for them to stay for 14 days. If you have to stay at home together, try to keep away from each other as much as possible.

If you are worried about symptoms of Coronavirus you should use the NHS Direct Wales online symptom checker at www.nhsdirect.wales.nhs.uk/COVID19

You should only call 111 if the symptom checker advises you to.

Please do not attend your GP surgery, community pharmacy or A&E department if you have any symptoms of Novel Coronavirus to stop the spread of infection.

You can help stop the spread of Novel Coronavirus by ensuring you practise good hygiene. Cough and sneeze into a tissue, bin it and immediately wash your hands with soap and hot water for at least 20 seconds.

For up to date advice please visit phw.nhs.wales/coronavirus