

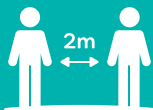
Protect yourself and others

Together we'll keep Wales safe



WASH HANDS REGULARLY

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



KEEP SOCIAL DISTANCING

Stay two meters away from people who aren't in your extended household



WEAR A FACE COVERING

Where required or in enclosed spaces where social distancing is difficult



SELF ISOLATE

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



GET TESTED

Call 119 or **book a test online** immediately if you have a high temperature, a new continuous cough, and/or a loss of taste or smell

For the latest advice on staying safe, self-isolation and testing, visit gov.wales/coronavirus

