

Showing coronavirus symptoms?

1. Start isolating

- you for **7 days**
- household for **14 days**



2. Book a test

- gov.wales/coronavirus
- or call **119**

Negative

- You and your household no longer need to isolate.
- You can return to your usual routine when you feel well enough to do so.

Positive

3. Share contacts

- You will be contacted by a contact tracer via the NHS Wales Test, Trace, Protect service.
- The contact tracer will talk you through the process.

TRACE YOUR MOVEMENTS. STOP THE SPREAD.
KEEP WALES SAFE.

gov.wales/coronavirus