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Advice on Novel Coronavirus (COVID-19) for members of the public

How serious is the coronavirus?

- it can cause flu-like symptoms, including fever, cough & difficulty breathing
- the infection is not serious for most people, including children
- there is currently no vaccine
- most people get better with enough rest, water to drink and medicine for pain

How likely are you to catch the virus?

- you can only catch it if you have been close to a person who has the virus
- the chance of being in contact with the virus is currently low in the UK
- if you have travelled to areas where many people are infected, your chance of catching the virus is higher, i.e. China and any affected areas

How can you stop coronaviruses spreading?

If you need to cough or sneeze



**Catch it
with a tissue**



Bin it



Kill it

by washing your hands with soap and water or hand sanitiser

You should wash hands with soap & water or hand sanitiser



**After breaks
& sports
activities**



**Before
cooking
& eating**



**On arrival at
any childcare
or educational
setting**



**After
using the
toilet**



**Before
leaving
home**



Try not to touch your eyes, nose, and mouth with unwashed hands



Do not share items that come into contact with your mouth such as cups & bottles



If unwell do not share items such as bedding, dishes, pencils & towels



Stop germs spreading by using the e-Bug resources on hand and respiratory hygiene available through e-bug.eu

What should you do if you feel unwell?

Keep away from others at stay at home to stop the infection spreading. Avoid public transport if you think you have symptoms of coronavirus.

If you think you have symptoms of coronavirus, call NHS 111 for advice. Follow the Welsh Government advice for childcare or educational settings: gov.wales/guidance-educational-settings-about-covid-19.

Staff, students and pupils who have returned from specified countries should self-isolate, and NOT attend education or work for 14 days.

phw.nhs.wales/coronavirus