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Llywodraeth Cymru
Welsh Government

Coronavirus (COVID-19)

How to keep you and your family safe



This is an **Easy Read** document from the Welsh Government

How to keep you and other people safe

These are the things you should do:



You should wash your hands lots of times during the day.

You should wash your hands:

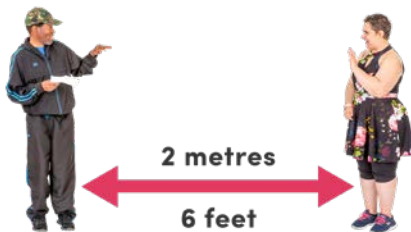


- after you have been shopping



- after you have picked up a package

- before you touch food.



Stay at least 2 metres (3 steps) away from people who do not live with you or extended household.



You can now choose to meet up indoors with people from one other house. This is called an extended household.

Wearing a face covering



A face covering is a piece of cloth that covers your nose and mouth.

You should wear one if you cannot keep 2 metres (3 steps) away from other people.

You must wear a face covering:

- on a bus
- on a train
- in a taxi.



If you, or someone you live with, has signs of coronavirus you should follow the **stay at home guidance**.

The signs of coronavirus are:



- high temperature
- a new cough where they keep on coughing. This means coughing a lot for more than an hour or three or more episodes of coughing in a day



- loss or change to your sense of smell or taste.

You should also stay home if someone you have been close to has been told they have coronavirus.



You should also stay home if you get a call from the NHS to say someone you have been close to has got coronavirus.

Get a test



If you have signs of coronavirus you should get a test.

You can book a test by:

- calling 119
- online at the NHS website



For the latest advice on staying safe, staying at home and testing, visit [gov.wales/coronavirus](https://www.gov.wales/coronavirus)