

# Coronavirus (COVID-19)

## You must stay at home to save lives

What everyone must do to stop the spread of coronavirus



---

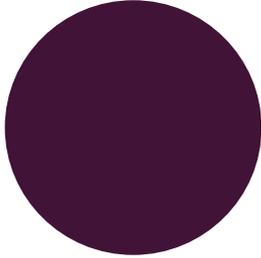
## **Contents:**

<b>Introduction</b>	<b>1</b>
<b>Things you must do</b>	<b>1</b>
<b>Exercise</b>	<b>2</b>
<b>More information</b>	<b>2</b>

---

# Introduction

## Very High Risk



Coronavirus has not gone away. This means that there is a very high risk of catching coronavirus. It is very important that we follow the rules. Everyone must **stay home** to stop the spread of the virus.

## Things you must do



- Work from home if you can.
- Only travel if you have to.
- Only meet people you live with, or are in your support bubble either indoors or outdoors.
- Wash your hands lots of times during the day.
- Stay at least 2 metres (3 steps) away from people who do not live with you.
- Wear a face mask inside places like shops and on public transport.
- If you have signs of coronavirus you must **self-isolate** and **get a test**.



## Going out

You can **only** leave your house for these reasons:

- To shop for very important things, such as food and medicines.
- To go to see the doctor.
- To help or care for someone else.
- To go to work, if you can't work from home, e.g. if you work in a supermarket or a hospital.



## Exercise

- You can go out to exercise near your home, such as walking or running.
- You can do this alone or with people who live with you.
- 4 people who live in 2 households can also exercise outdoors together. But must keep 2 metres (3 steps) apart.



## More information

For all the latest information on COVID-19 in Wales go to [gov.wales/coronavirus-control-plan-alert-levels-wales](https://gov.wales/coronavirus-control-plan-alert-levels-wales)