

Coronavirus Advice and Testing

Coronavirus symptoms

- High temperature
- a new continuous cough
- a loss or change to your sense of smell or taste.

You should phone your GP if you have other symptoms that are a concern to you.

How to stop the coronavirus from spreading?

Stay local and stay safe.

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

What to do if you have symptoms of coronavirus?

- You must ensure that you first of all stay at home. You should not leave home unless it's to go for a test.

If you have coronavirus symptoms:

- Do not go to a GP surgery, pharmacy or hospital. You do not need to contact 111 to tell them you're staying at home
- Plan ahead and ask others for help to ensure that you can successfully stay at home and consider what can be done for vulnerable people in the household.
- Ask your employer, friends and family to help you to get the things you need to stay at home.
- Wash your hands regularly for 20 seconds, each time using soap and water, or use hand sanitiser.
- If you feel you cannot cope with your symptoms at home or your condition gets worse, or your symptoms do not get better after seven days, use the

111 online coronavirus service. If you do not have internet access, call 111. In a medical emergency dial 999.

Self-isolation for you and members of your household if you have symptoms or if you have had a positive test result

If you live alone and you have symptoms of coronavirus illness (COVID-19), however mild, stay at home for **7 days** from when your symptoms started.

After 7 days, if you do not have a high temperature, you do not need to continue to self-isolate. If you still have a high temperature, keep self-isolating until your temperature returns to normal. You do not need to continue to self-isolate if you just have a cough or loss of smell or taste after 7 days, as these symptoms can last for several weeks after the infection has gone.

If you live with others and you are the first in the household to have symptoms of coronavirus (COVID-19), then you must stay at home for **at least 7 days**, but all other household members who remain well must stay at home and not leave the house for **14 days**. The 14-day period starts from the day when the first person in the house became ill.

For anyone else in the household who starts displaying symptoms, they need to stay at home for **at least 7 days** from when the symptoms appeared, regardless of what day they are on in the original 14 day isolation period.

Staying at home for 14 days will greatly reduce the overall amount of infection the household could pass on to others in the community.

Booking a test

To book a test, visit the [Apply for a coronavirus test](#) page on the Welsh Government website or phone 119. People with hearing or speech difficulties can call 18001 119.

The test is only effective for those who are experiencing coronavirus symptoms and needs to be taken in the first 5 days of having symptoms. It only checks if you have coronavirus right now and not if you have already had the virus.

Most people get better with enough rest, water to drink and medicine for pain.

Information about testing, including to book a test available [here](#).

More advice available [here](#).

Extended households

From 6 July 2020, two households in Wales are able to come together to create an 'extended household'. However, if one member of the extended household develops symptoms of the coronavirus, each member of that extended household is asked to self-isolate. More information on extended households is available on the [Welsh Government website](#).

Further information regarding self-isolation is available on the [Self-isolation: stay at home guidance for households with possible coronavirus](#) page on the Welsh Government website.

Contact Tracing

If you receive a positive test result, the Council's Contact Tracing Team will get in touch with you.

Contact tracing is a tried and tested method of controlling the spread of infectious diseases. The aim is to protect your health and support the ongoing work to control the spread of coronavirus. This is not about enforcement or surveillance and is in the interests of protecting people's health.

When contacted by the Contact Tracing Team, you will be asked about your recent contacts so that they can be contacted and notified to self-isolate (and take a test if they too are displaying symptoms), to help stop the spread of the virus. The purpose of contact tracing is to provide real time intelligence across the whole of Wales on the coverage of the disease, how quickly it is spreading, and where there are hotspots of infection.

As lockdown restrictions are gradually relaxed, we will all need to take steps to protect ourselves, our families and our communities if we are to successfully limit the spread of the disease. Contact tracing plays an important role in helping us resume day-to-day activities.

Further information is available on the [Contact tracing: your questions](#) page on the Welsh Government website.

This advice comes from Public Health Wales and Welsh Government.

[COVID-19 Contact Tracing and Case Management](#)

Phone Number to book a test is 119. People with hearing or speech difficulties can call 18001 119.

**Or Online at: <https://gov.wales/apply-coronavirus-test>
the Welsh Government website**

Source:

<http://www.ceredigion.gov.uk/resident/coronavirus-covid-19/coronavirus-general-information/>