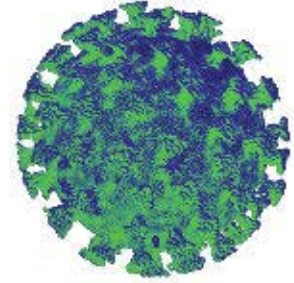


Coronavirus

Isolate your household

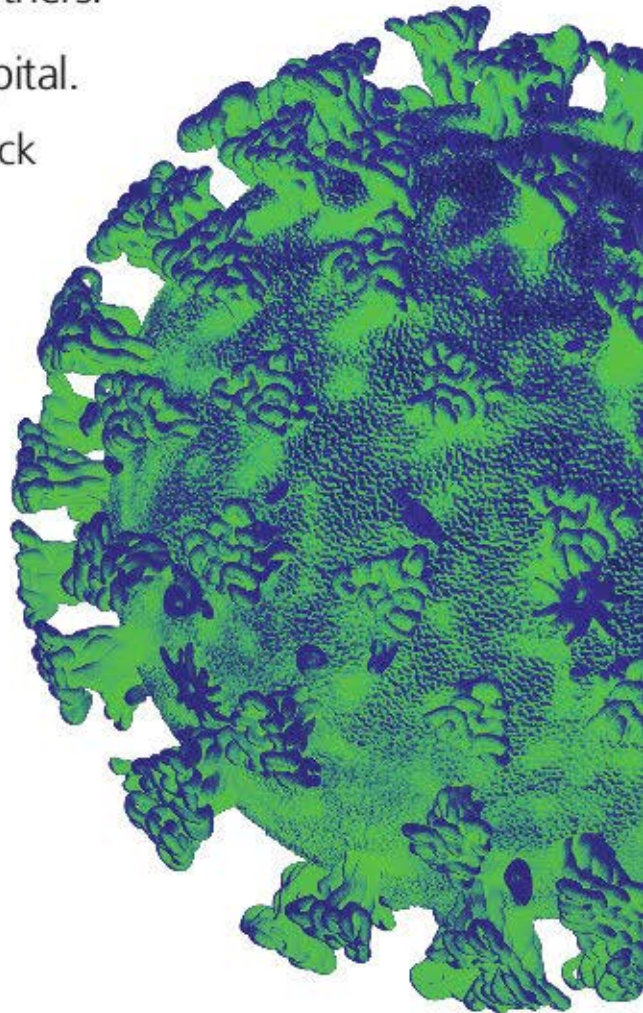
Stay at home

If you or anyone in your household has a high temperature or a new and continuous cough – even if it's mild



- ✔ Everyone in your household must stay at home for 14 days and keep away from others.
- ✘ **DO NOT** go to the GP, pharmacy, or hospital.
- ✔ Go to phw.nhs.wales/coronavirus to check your symptoms and follow the specialist medical advice. Only call NHS 111 if your symptoms worsen.
- ✔ **Protect** older people and those with existing health conditions by avoiding contact.

Find out how to isolate at home at phw.nhs.wales/coronavirus



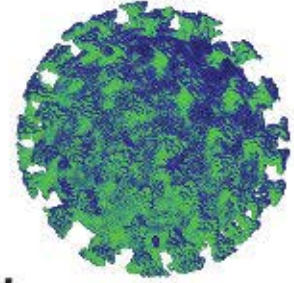
CORONAVIRUS

**PROTECT
YOURSELF
OTHERS &
THE NHS**

Coronafeirws

Ynyswch eich cartref

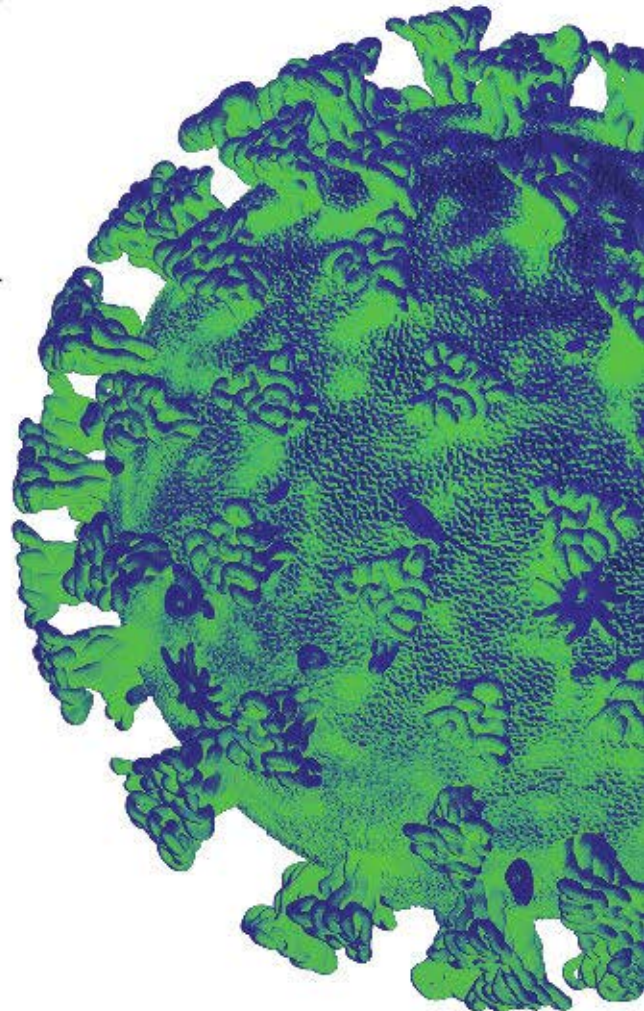
Arhoswch gartref



Os oes gennych chi neu unrhyw un yn eich cartref dymheredd uchel neu beswch newydd a pharhaus - hyd yn oed os yw'n ysgafn

- ✔ Rhaid i bawb yn eich cartref aros gartref am 14 diwrnod a chadw i ffwrdd o'ch gilydd ac eraill.
- ✘ PEIDIWCH â mynd at eich meddyg teulu, fferyllfa, nac i'r ysbyty.
- ✔ Ewch i [icc.gig.cymru/coronafeirws](https://www.icc.gig.cymru/coronafeirws) er mwyn gwirio'ch symptomau a dilynwch y cyngor meddygol arbenigol. Dim ond os na allwch fynd ar lein neu os bydd eich symptomau'n gwaethygu y dylech ffonio GIG 111.
- ✔ Diogelwch bobl hŷn a'r rhai sydd â chyflyrau iechyd presennol trwy osgoi cyswllt â nhw.

Darganfyddwch sut mae ynysu'ch hun gartref trwy ymweld ag [icc.gig.cymru/coronafeirws](https://www.icc.gig.cymru/coronafeirws)



CORONAFEIRWS

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