



This leaflet uses symbols and photos for people who have difficulty reading.  
(symbols by Widgit Software).



If you think you have Coronavirus, phone **111** to ask for help.

**111**



## Coronavirus information



GIG  
CYMRU  
NHS  
WALES

Bwrdd Iechyd Prifysgol  
Hywel Dda  
University Health Board



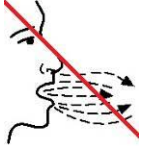
Coronavirus is a new illness that could be like having the flu.



These are the things you may have:



- A cough
- A high temperature
- Trouble breathing normally



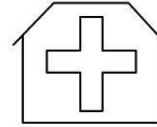
Do not go to your Doctors if you think you have Coronavirus.



If you have Coronavirus you may be asked to stay at home.



This is to stop other people from becoming unwell.



You may also have to go to hospital to get better.



To help keep yourself well you should:



Cough and sneeze into your hands or in a tissue.



Throw the tissue in the bin straight away.



It is important to wash your hands after you cough or sneeze.



This can stop the illness from spreading to other people.