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## What should I do if I have symptoms of coronavirus?

Follow the latest guidance by Public Health Wales.

- Self isolate for 7 days if you live alone
- Self isolate for 14 days if you or anyone in the household has symptoms
- If your symptoms worsen, please phone 111
- Please do not visit your GP surgery or the A&E department.

Please remember to follow the general advice of washing your hands thoroughly and often, and to cover your coughs and sneezes with tissues.

The symptoms are

- persistent cough
- or high temperature

## I have an underlying medical condition, what should I do?

If you're aged 70 or older (regardless of medical conditions) or under 70 with an underlying health condition (ie anyone instructed to get a flu jab as an adult each year on medical grounds), you are advised to consider self isolating. Please see further guidance <https://www.gov.uk>

## Will Grŵp Cynefin staff still be conducting home visits?

Grŵp Cynefin will decide whether to conduct home visits on a case by case basis depending on the output of a risk assessment.

## What should I do if I feel worried or anxious because I have no one to help me if I need to self isolate?

If you have additional support needs or no access to help from family or friends, please contact us to discuss this further. We also need to know your telephone number to contact you as necessary.

## What if I can't afford to pay my rent?

If you've lost a lot of income, e.g your workplace has closed down; or you've been made redundant or there are changes in your circumstances, such as reduced working hours or less income, please phone your Housing Officer on 0300 111 2122 as soon as possible.

