

# Covid-19 Advice and Information for Autumn & Winter 2020/21

from Swansea Bay University Health Board & Swansea & NPT Councils

**Coronavirus has not gone away.** Thank you for protecting the people you care about, and joining the national effort to Keep Wales Safe.

**Please keep this leaflet handy** – it contains important information to help you stay safe.

**Keep Wales Safe - protect yourself, others and the NHS from a second wave**

## Wash hands regularly

especially if you've been shopping, picked up a package or are about to handle food



## Keep social distancing

stay a safe distance away from people who aren't in your extended household



## Wear a face covering

where required or in enclosed spaces where social distancing is difficult



## Test, Trace, Protect to avoid a second wave

The Health Board and Councils run the Covid-19 testing and contact tracing service.

**1 Test** If you have Covid-19 symptoms (new, persistent cough, loss of taste or smell, high temperature), visit [www.sbuhb.nhs.wales](http://www.sbuhb.nhs.wales) and follow the Covid-19 link to get a test. Or, call **01639 862757** (9am - 8pm) to book a test, or freephone 119 for a home testing kit. People with hearing or speech difficulties can call **18001 119**.

**2 Trace** If you test positive you will get a phone call from our contact tracing team.

**3 Protect** If our contact tracers get in touch follow their advice to keep Wales safe.

**Be Scam aware - a contact tracer will never ask you to:**

- Dial a premium rate number
- Give passwords or PINs
- Make any form of payment
- Disclose personal/medical info
- Provide bank account details
- Download any software

## Where to get information and help



Swansea Council: 01792 636000  
NPT Council: 01639 686868



[www.sbuhb.nhs.wales](http://www.sbuhb.nhs.wales)  
[www.swansea.gov.uk](http://www.swansea.gov.uk)  
[www.npt.gov.uk](http://www.npt.gov.uk)



@SwanseaBay.NHS  
@swanseacitycouncil  
@NeathPortTalbotCBC



@SwanseaBayNHS  
@SwanseaCouncil  
@NPTCouncil



**Please look out and listen for our messages:** When we need to share important information we will use - The Wave (96.4FM & DAB), Greatest Hits Radio - South Wales (1170MW & DAB), Swansea Bay Radio (102.1FM & DAB), Nation Radio (107.3FM & DAB), the South Wales Evening Post & the Western Mail.

For this flyer in a different format call your local Council (above) or for Neath Port Talbot email [marketing@npt.gov.uk](mailto:marketing@npt.gov.uk) or for Swansea email: [accesstoservices@swansea.gov.uk](mailto:accesstoservices@swansea.gov.uk)  
Information on Covid-19 is available in more than 30 languages on our websites (above).