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# Public Health Wales statement on Novel Coronavirus (COVID-19) outbreak

**This statement will be updated daily at 2pm**

*Updated: 2:00pm Monday 1 June*

NOTE: Detailed information on new cases of Novel Coronavirus (COVID-19) in Wales is now available on our user-friendly data dashboard on the [Public Health Wales website](#).

Dr Giri Shankar, Incident Director for the Novel Coronavirus (COVID-19) outbreak response at Public Health Wales, said:

"Today (Monday 1 June), contact tracing begins in Wales as part of the Welsh Government's 'Test, Trace, Protect' strategy.

"Contact tracing is the process of identifying people who have come in contact with an individual with Novel Coronavirus (COVID-19) in order to prevent the risk of others spreading the infection in our communities.

"From today, anyone who has a positive Coronavirus test will be contacted by a team of contact tracers, and asked for details of everyone they have had close contact with while they have had symptoms.

"It will be important for everyone to keep a note of their own activity so they can easily remember where they were on a given day, and who they were in contact with, in the event of being contacted as part of tracing.

"If you are asked to self-isolate, you should also comply with this request to prevent further spread of the virus

"Tracers are trained staff and personal information that you provide will be handled in line with data protection regulations and will not be shared widely.

"Over the last few weeks, Public Health Wales has been setting up the methods and guidance for how contact tracing will operate. We will continue to work closely to support local health boards and local authorities in delivering contact tracing.

"Today also marks the start of revised lockdown arrangements announced by the Welsh Government last week. From today, people from two different households in the same local area can meet up outdoors, provided they continue to maintain social distancing and strict hand hygiene.

"The announcement adds that, as a general rule, people should not travel more than five miles from home. This will help to reduce the risk of coronavirus spreading as people begin to travel more.

"Revised lockdown arrangements also apply to people in Wales who have been told to 'shield' from the virus. From today they will be able to go outside and meet people from another household, provided they keep a two-metre distance.

"Future relaxation of lockdown measures will also be dependent on everyone following advice set out in the 'Test, Trace, Protect' strategy, including self-isolating when required.

"Information about the symptoms of Novel Coronavirus (COVID-19) to look out for is available on the Public Health Wales website, or members of the public can use the NHS Wales [symptom checker](#).

"Anyone experiencing Novel Coronavirus (COVID-19) symptoms can now apply for a home testing kit using the new UK online portal. For further information and a link to the booking website, visit: [www.gov.wales/coronavirus](http://www.gov.wales/coronavirus) or [www.llyw.cymru/coronafeirws](http://www.llyw.cymru/coronafeirws). This will be supported by a national 119 phone service, through which people can also order a home test.

"We are encouraging everyone to download the Novel Coronavirus (COVID-19) Symptom Study app, which has been supported by Welsh Government. The app allows users to log daily symptoms to help build a clearer picture of how the virus is affecting people. For more information, including how to download the app, visit [covid.joinzoe.com](http://covid.joinzoe.com).

"As part of wider support measures for families, Public Health Wales is offering all parents, parents-to-be, grandparents and care-givers free access to a series of online courses designed to help them understand the development and emotional milestones of their children, covering everything from pre-birth to late teens.

"To get access users just need to visit [www.inourplace.co.uk](http://www.inourplace.co.uk) and use the code 'NWSOL' if you live in North Wales, and 'SWSOL' if you live in Mid, West or South Wales.

"Public Health Wales is also continuing working to address the negative impact of Novel Coronavirus (COVID-19) on the social, mental and physical wellbeing of people in Wales. Our latest campaign, 'How are you doing?' is now live and offering practical advice from [phw.nhs.wales/howareyoudoing](http://phw.nhs.wales/howareyoudoing).

"Anyone with a suspected coronavirus illness should not go to a GP surgery, pharmacy or hospital. They should only contact NHS 111 if they feel they cannot cope with their symptoms at home, their condition gets worse, or their symptoms do not get better after seven days.

"Only call 999 if you are experiencing a life-threatening emergency, do not call 999 just because you are on hold to 111. We appreciate that 111 lines are busy, but you will get through after a wait.

"We also want to reinforce the message from NHS Wales that urgent and emergency care services for physical and mental health are still open and accessible.

"For parents, if your child is unwell and you are concerned you should seek help. If you have urgent dental pain you should still call your dentist. If you have a health complaint that is worrying you and won't go away you should call your GP practice. If you or a family member are seriously ill or injured you should dial 999 or attend your nearest Emergency Department."

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