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

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

**Statement: Wednesday 21 October 2020**

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

"NHS Wales is still here to help you if you need care, and it's important you continue to attend appointments and seek help for urgent medical issues. You can leave your home to access local health services, including your GP surgery, dentist, optometrist or other health service. You should phone beforehand and follow any guidance your local surgery, dentist, optometrist or health service has put in place to protect you and staff, including the need to keep 2m away from other patients.

"Public Health Wales supports last Monday's announcement by the Welsh Government of a two-week national 'fire-break' to disrupt the transmission of Coronavirus in Wales. These new restrictions will come into effect at 6pm on Friday 23 October, and will last until the start of Monday 9 November.

"Cases continue to rise in Wales, hospital admissions are increasing, including those into critical care, and sadly so are the numbers of people dying from the virus.

"Although national and local measures have made a difference, further action is now needed. These new rules are vital to regain control of the virus, to protect the NHS, and save lives.

"Under the rules, people must stay at home, except for very limited purposes. They must not visit other households or meet other people they do not live with.

"Certain businesses and venues, including bars, restaurants and most shops must close.

"Secondary schools will provide learning online only for the week after half-term, other than for children in years seven and eight. Primary schools and childcare settings will remain open.

"Face coverings continue to be mandatory in the indoor public spaces that remain open, subject to certain exemptions and exceptions, including on public transport and in taxis.

"More information about the new rules is available at the Welsh Government [website](#).

"It's especially important to look after our mental health and wellbeing at this time. You can find sources of advice and guidance on our [website](#) if you need some help or are worried about a loved one.

"If you or a member of your household develop symptoms of the Coronavirus, such as a cough, fever or change in sense of taste or smell, you must self-isolate immediately and book a free Coronavirus test at [www.gov.uk/get-coronavirus-test](http://www.gov.uk/get-coronavirus-test) or by calling 119.

"Helpful advice and support is available via the NHS COVID-19 app. As well as providing alerts if you have been in contact with someone with Coronavirus, the app will also tell you the current risk level in your area.

"Information about the symptoms of Coronavirus is available on the Public Health Wales website, or via

the NHS 111 Wales symptom checker.”

***Datganiad: Dydd Mercher 21 Hydref 2020***

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