

All of our responsibility

Every single person in Wales must maintain good practices and encourage others to do the same. The risk factors are now well known, as are the most effective ways of protecting ourselves and others. This means that to support prevention efforts and to support the management of new cases and clusters:

- Avoid or limit close contact with others where possible. This can mean working from home where you can, maintain 2m distance from others not in your household or extended household, or avoiding large gatherings or places where social distancing is not possible.
- Maintain good hygiene. Wash your hands for 20 seconds regularly, ideally before and after touching surfaces others will also touch. Soap and water is most effective, but use sanitiser where this is not possible. Sneeze or cough into a tissue and throw it away, and if this is not possible use your elbow.
- Avoid touching surfaces that are touched regularly by others, particularly indoors. Where this is not possible, wash or disinfect your hands before and after touching surfaces.
- If you have any symptoms, you should self-isolate and seek a test immediately. If you have a positive test, you should cooperate with the Test Trace Protect teams to ensure all your close contacts are quickly traced and self-isolate to prevent the chains of transmission. Parents and carers have a critical role in protecting children and vulnerable people.
- Wearing a face covering to protect others as well as yourself when you cannot maintain 2 metres distance from others, such as a busy shop. You must wear a face covering where it is mandatory, such as on public transport.
- Ensure indoor spaces are well ventilated, with good passage of air.
- Avoid travelling to areas where there are high rates of infection. This might be another country or another part of the UK or Wales. Follow quarantine requirements **to self-isolate for 14 days** if returning from a country that does not have an **exemption**.

Businesses and other organisations that manage premises or provide services

These organisation are responsible for minimising the risks to their customers and staff. They must put in place and maintain all reasonable measures to prevent the spread of coronavirus. For those businesses and services that are higher risk, or for which 2 metre distancing is not possible, **guidance** has been prepared with industry, trade unions and health professionals to help put in place additional mitigations.