

If you develop coronavirus symptoms

- You should only support someone if you're feeling well and don't have any symptoms of coronavirus (a high temperature, a new and persistent cough or loss of taste or smell).
- Let the person you're supporting know as soon as possible that you're not able to support them for at least 7 days.
- Contact the other 'Friend' that supports that person.

If you're concerned about your symptoms, follow information on NHS 111, 111 (formerly NHS Direct Wales)

<https://111.wales.nhs.uk/SelfAssessments/symptomcheckers/COVID19.aspx>