

As the festive period fast approaches, please think carefully about what you 'should do' rather than what you 'can do'.

Coronavirus is spreading faster and wider in Wales than at any other point in this pandemic.

Our public services are under intense pressure as they work around the clock to care for and keep people safe.

Frontline workers are putting our health and care first, every day, but as the virus continues to spread, so too does the strain on our NHS. We must do everything we can to protect our NHS and save lives.

The virus is also having a major impact on our emergency services.

Over the coming days and weeks, we need to make sure they are there for those who really need them – for real emergencies.

Thank you so much to all of you who continue to follow the rules.

Sadly, as coronavirus cases grow even higher, and coupled with the additional threat that a new, variant strain of the virus can be passed on more easily, our chances of catching and spreading this awful virus also increases.

To keep yourself and your loved ones safe this Christmas, please avoid mixing wherever possible.

For most people the virus will cause a mild illness but there are many – our parents and grandparents – who are at risk of serious illness or death if they catch it.

Too many families have already lost loved ones to this terrible virus – if we don't act now, even more deaths will follow.

Our actions and decisions over the festive period, and in the coming weeks and months, will shape Wales for years to come.

Please, let's all think carefully before we act and protect our public and emergency services so they're there for when we really need them.





Bwrdd lechyd Prifysgol University Health Board













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