

21 December 2020

Dear Resident of Aneurin Bevan University Health Board area,

Urgent Action Needed – We need your help to stop the spread of COVID-19

We are appealing to every resident on behalf of the Health Board, to ask for your help. The situation is very serious, the numbers of people with COVID-19 in our communities is, unfortunately, continuing to rise sharply. We now have more COVID-19 cases in our hospitals than during the first wave. This is increasing day on day and will continue. All of us need to act now to save lives.

We know 2020 has been tough and we would like to thank you for everything you have already done this year. We all want to get back to doing the things we love and seeing the people we love, but we must still be careful and remember that we still face many challenges in the fight against COVID-19.

All our small actions every day really do add up to make a big difference.

Here are four things you can do to help:

1. Stay at home and meet as few people as possible

We would ask that you stay at home and only mix with people in your own household, especially indoors. The more places you go and people you meet, the more chances there are to catch COVID-19 and pass it on to others.

2. Practise 'Hands – Face – Space' every day

These actions are really important ways to stop the virus spreading. Every time you do this you are helping stop the virus spreading to yourself or other people.



Wash hands
regularly



Wear a face
mask



Keep social
distancing

3. Look out for symptoms and get a test quickly

We encourage you to be on the lookout for symptoms developing in yourself and your family and to book a test as soon as possible. Remember, symptoms of COVID-19 can be very mild for some people – if you're not sure, book a test and put your mind at rest.

If you have symptoms of COVID-19 - a new continuous cough, high temperature or loss of taste and/or smell, please call **119** or visit www.gov.wales/apply-coronavirus-covid-19-test to book a test in a place convenient for you.

Visit: www.abuhb.nhs.wales/coronavirus/testing-centres for current testing unit locations.

4. Self-isolate to stop the virus spreading

We urge you to please stay at home and self-isolate if you or someone in your household has symptoms, or if the Test, Trace, Protect Service asks you to. Don't go to work or school, visit shops or have visitors in your home. Doing this will stop the virus spreading to others.

If you have been contacted by the Test, Trace, Protect Service and told to self-isolate, you may be entitled to financial support of up to £500, if you meet eligibility criteria. For more information, contact your local authority

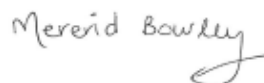
Thank you once again, on behalf of all our NHS staff. We can only do this with your help. Let's stop the spread of COVID-19 in Aneurin Bevan Health Board area and stay well over the winter.

Yours sincerely



Judith Paget

Chief Executive
Aneurin Bevan University Health Board



Mererid Bowley

Interim Director of Public Health
Aneurin Bevan University Health Board