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## Special Info Burst - Coronavirus update

### **COVID Symptom Tracking App**

First Minister Mark Drakeford and NHS Wales are appealing to the Welsh public to download a new [COVID \(Coronavirus\) Symptom Tracker app](#) and report your health, even if you feel well. By answering some quick questions on a daily basis, the app will help NHS Wales understand the symptoms and spread of COVID-19.

### **Advice for parents/guardians when a child is unwell or injured**

Whilst Coronavirus (COVID-19) is infectious to children, it is rarely serious. If your child is unwell it is likely to be a non-coronavirus illness, rather than coronavirus. Whilst it is important to follow Government advice to stay at home, if your child is unwell or injured remember that NHS 111, GPs and hospitals are still open to provide safe advice and care. For further information visit Royal College of Paediatrics and Child Health.

### **Coronavirus information available in different formats**

To ensure everyone in the community has access to up to date information, [Easy Read leaflets](#) about the Coronavirus, social distancing, staying at home, self-isolation and ways your Pharmacy can help, are now available on the NHS Direct Wales website. You can also change the page settings on the [Coronavirus encyclopaedia](#) page to meet your needs using a new accessibility toolbar. Functions include play audio aloud, change font size, page colour, magnify and translate.

Videos in British Sign Language (BSL) with audio voice over, explaining about the [Covid Tracker App](#) and the [Personal Protective Equipment \(PPE\)](#) we use when responding to 999 calls are also available via the Welsh Ambulance Service You Tube channel.



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### **Chief Medical Officer (CMO) and Chief Nursing Officer (CNO) issue joint letter**

An [easy read letter](#) which summaries new guidance for health services has been issued to help health staff make decisions about how to care for people in this difficult time of coronavirus. This is particularly important for older people and people with learning disabilities.

### **Dementia**

During this time, it can be stressful for many, but particularly people living with dementia and their carers who may be struggling. For information about Dementia and Coronavirus, visit [Social Care Wales](#) website which also includes useful links and resources to support people with dementia during this time.

The Wales Dementia Helpline who support people with dementia and their carers, is available freephone on 0808 808 2235.

### **Support for domestic abuse victims**

Domestic abuse is not acceptable; anyone experiencing domestic violence and abuse is not to blame and is not alone. Help and support is available. Anyone in immediate danger should call 999 – and press 55 on a mobile if you are unable to talk. This will transfer your call to the relevant police force who will assist you without you having to speak. Or call Live Fear Free Helpline.

Alternatively call Live Fear Free Helpline on 0808 80 10 800 or go online for further information.

### **Public Health warns smokers**

Emerging evidence shows greater risk of severe respiratory disease from Coronavirus. To help reduce your risk of getting the virus and developing severe disease, get NHS expert stop smoking advice and support over the phone or, plus free medication. Call Help Me Quit on 0808 250 6061 or go [online](#) for further information.



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### Looking after your health and wellbeing

For information about how to stay well at home; staying physically well, looking after your mental health, keeping connected and helping others, visit the [Public Health Wales website](#).

### Thank you!

On a day that the nation clap for Carers, Lee Brooks, Director of Operations says 'Thank You' on behalf of the Welsh Ambulance Services NHS Trust (WAST). To watch the video, visit the WAST [You Tube](#) Channel.

**You can spread the virus even if you don't have symptoms.**

