

Coronavirus (COVID-19)

Coronavirus – New Rules for Wales from 28 March 2022

This document is an update of the 'Coronavirus – New Rules for Wales from February 2022'



This is an Easy read document from the Welsh Government

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Introduction



Since 28 January Wales has been in Coronavirus Alert Level 0. This means that most of the rules about where we can go and who we can meet – indoors and outdoors ended.



From 28 March most of the other rules will end.

But remember: Coronavirus has not gone away and everyone should still work together to help stop the spread of the virus.



What we **MUST** still do

From 28 March you must only wear a face mask (if you are able to) when visiting your doctors, dentist, hospital or a care home. This is still the law in Wales.

Getting a test

If you have signs of coronavirus you should:



- [get a lateral flow test online](#), or by calling 119
- If you test positive, you should [self-isolate](#) for at least 5 days

We all have our part to play

Here are things we can keep doing to Keep Wales Safe:



- Make sure you get all your jabs



- Do a lateral flow test if you have symptoms



- Meeting outside is safer than inside.

- If you meet people indoors, let fresh air in.



- Wear a mask indoors if there are lots of people.



- Wash your hands lots of time during the day.

Further information

For all the latest information on COVID-19 in Wales go to gov.wales/coronavirus

