

Terms	Explained
High temperature	This means they feel hot to touch on your chest or your back.
New continuous cough	This means coughing a lot for more than an hour, or 3 continuous coughing episodes in 24 hours.
A loss of or change to their sense of taste or smell	This means they have noticed they cannot smell or taste anything.
Household	A group of adults and children living in the same property.
Extended Household	Up to four households (under present rules) who meet and act as though they are one household (e.g. do not maintain social distancing) and are treated as one household (e.g. all have to self-isolate if one person becomes symptomatic).
Isolation/Self-Isolation	Stay at home and do not leave the house for the stated period of time. Do not visit GP, pharmacy or hospital. You must not go out to buy food or other essentials. Do not go to work, school or public areas. Do not use public transport or taxis.
14 day period	This starts from when the first person in the household or contact group becomes ill, or as advised by TTP team.
10 day period	This starts from the day symptoms begin, or as advised by TTP team.
NHS Wales Test, Trace, Protect	This covers Wales’ approach to testing in the community and tracks people that you have been in contact with in order to protect family, friends and the community. They may trace you if you have been in contact with someone who has tested positive.
Further information can be found at: https://gov.wales/coronavirus	
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