

# Keep Gwent Safe

Aneurin Bevan University Health Board are issuing an urgent plea to everyone in Torfaen, Caerphilly, Newport, Monmouthshire and Blaenau Gwent.

Actions you take NOW can reduce the spread of Coronavirus and save lives in our communities.

Please remind your friends and colleagues of the key bits of information to remember:

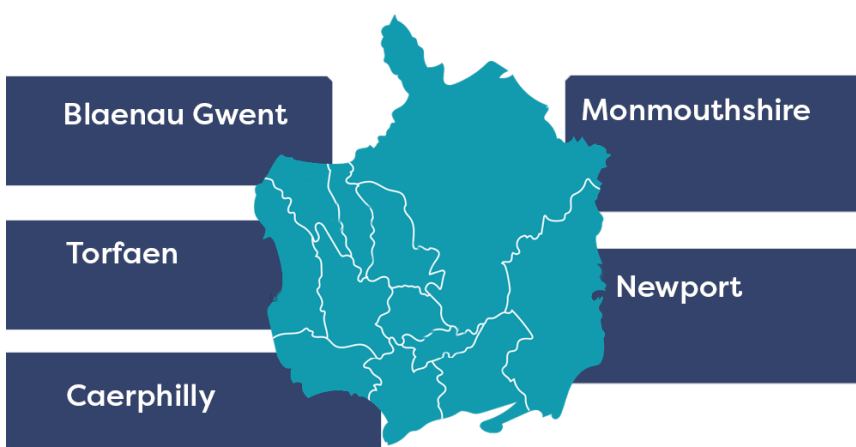
- + Wash hands – and keep washing them regularly
- + Make space – stay at least two metres from anyone not in your household and be distance aware
- + Cover face – over your nose and mouth where social distancing is difficult
- + Stay home – and get tested if you or anyone in your home has symptoms.

If you've got any symptoms of coronavirus, you must get a test and your whole household must self-isolate immediately.

It can take up to 14 days for you to develop coronavirus symptoms after you catch the virus and in this time you can pass it on to others.

In this bulletin you'll find information on getting a coronavirus test, the latest local lockdown information from Welsh and government, and information about the financial support available.

## Keep Gwent Safe



GIG  
CYMRU  
NHS  
WALES

Bwrdd Iechyd Prifysgol  
Aneurin Bevan  
University Health Board



DIOGELU CYMRU  
KEEP WALES SAFE



New local rules have been introduced for the local authorities of Blaenau Gwent, Newport, Bridgend and Merthyr Tydfil from 6pm Tuesday 22/9/2020.

This follows local rules also being introduced in Caerphilly and Rhondda Cynon Taf.

This follows a sharp increase in cases of coronavirus and evidence of community transmission in the area.

From 6pm tomorrow, the following restrictions will apply:

- No travelling to/from the area without a reasonable excuse
- No indoor meetings with people you don't live with
- Licenced premises closed by 11pm

Remember – everyone 11 and over must wear face coverings in indoor public places.

For detailed info from Welsh Gov on these restrictions head here:

<https://gov.wales/local-lockdown>



GIG  
CYMRU  
NHS  
WALES

Bwrdd Iechyd Prifysgol  
Aneurin Bevan  
University Health Board



## Extension to 'Walk Up' Testing Centre at Caerphilly Leisure Centre

The 'Walk Up' Testing Centre at Caerphilly Leisure Centre has been further extended and will be open until Monday 28th September at 3:00pm.

If you live in Caerphilly County Borough and have symptoms of Coronavirus, – a new continuous cough, high temperature or loss of taste and/or smell – or if you've been feeling unwell for no apparent reason – please get a test.

You do not need a booking for this centre but you do need to be a resident of Caerphilly borough- ID checks will be in place.

Appointment only tests are also available in New Tredegar (book via - 0300 30 31 222) currently this is only available until the 23/9/2020 but this is being continually reviewed.

These testing facilities are intended for people living in Caerphilly Borough. There are other testing facilities in Gwent - at Rodney Parade in Newport and Cwm in Blaenau Gwent.

You can also have a test posted to your home. Apply online or phone 119

More info on tests here: <https://abuhb.nhs.wales/coronavirus/caerphilly-temporary-coronavirus-testing-centres/>



**GIG**  
CYMRU  
**NHS**  
WALES

Bwrdd Iechyd Prifysgol  
Aneurin Bevan  
University Health Board





## Keep Blaneua Gwent Safe

Visited one of these pubs  
between **13 - 18**  
**September?**



GIG  
CYMRU  
NHS  
WALES

Bwrdd Iechyd Prifysgol  
Aneurin Bevan  
University Health Board



**Please be on the lookout for symptoms if you visited one of these Brynmawr pubs between 13 and 18 September.**

If you develop symptoms of coronavirus, please self isolate at home and book a coronavirus test immediately.

Cymro Inn, 22 Bailey Street, Brynmawr, NP23 4AN

Wine Vaults, 22 Beaufort Street, Brynmawr, NP23 4AQ

The Gwesty, Clarence Street, Brynmawr, NP23 4AJ

The Bush, Bailey Street, Brynmawr, NP23 4DN

The Hobby Horse, 30 Greenland Road, Brynmawr, NP23 4DT

Royal Exchange, Brynmawr, NP23 4AD



GIG  
CYMRU  
NHS  
WALES

Bwrdd Iechyd Prifysgol  
Aneurin Bevan  
University Health Board



RHWYDWEITHIAU  
LLES INTEGRDIG  
GWENT  
INTEGRATED  
WELL-BEING  
NETWORKS



You must stay home after a coronavirus test.

Go straight home from the test centre, don't go to the shop or visit anyone on the way.

The people you live with must also stay at home until you receive your results.

If you receive a positive result, you must self-isolate for at least 10 days, starting from the day the test was taken.

If you live with others, all other household members must stay at home and not leave the house for 14 days.

You can find out more about what self-isolation means here:

<https://gov.wales/self-isolation-stay-home-guidance...>

If you need help to self-isolate, visit: [www.gov.wales/find-support-affected-coronavirus](http://www.gov.wales/find-support-affected-coronavirus) or [contact your local authority](#)

#KeepWalesSafe

**YOU MUST SELF  
ISOLATE AFTER A  
CORONAVIRUS TEST**

**STAY AT HOME  
UNTIL YOU  
RECEIVE YOUR  
TEST RESULT**



GIG  
CYMRU  
NHS  
WALES

Bwrdd Iechyd Prifysgol  
Aneurin Bevan  
University Health Board



DIOGELU CYMRU  
KEEP WALES SAFE

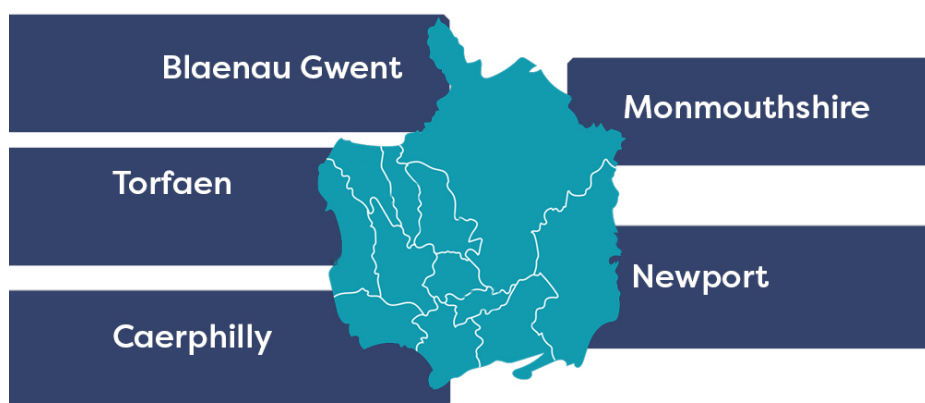
Remember, if you need support with your mental health, or practical or financial support during this time - there is support available.

We've produced guides that detail the support available in each local authority to help support you if you need it.

We understand that staying at home for up to 14 days can be a challenge but in doing so you are helping to control the COVID-19 pandemic and Keep Wales Safe.

Guides available for each Local Authority in Gwent available here:

<https://www.iwngwent.wales/>



This guide have produced by our The IWN team - currently working to support communities and services during the current COVID-19 pandemic in the Aneurin Bevan Heath Board area.

For support in other parts of Wales, head to:

<https://gov.wales/financial-support-for-individuals>



**GIG**  
CYMRU  
**NHS**  
WALES

Bwrdd Iechyd Prifysgol  
Aneurin Bevan  
University Health Board



**RHWYDWEITHIAU**  
**LLES INTEGRDIG**  
**GWENT**  
**INTEGRATED**  
**WELL-BEING**  
**NETWORKS**

