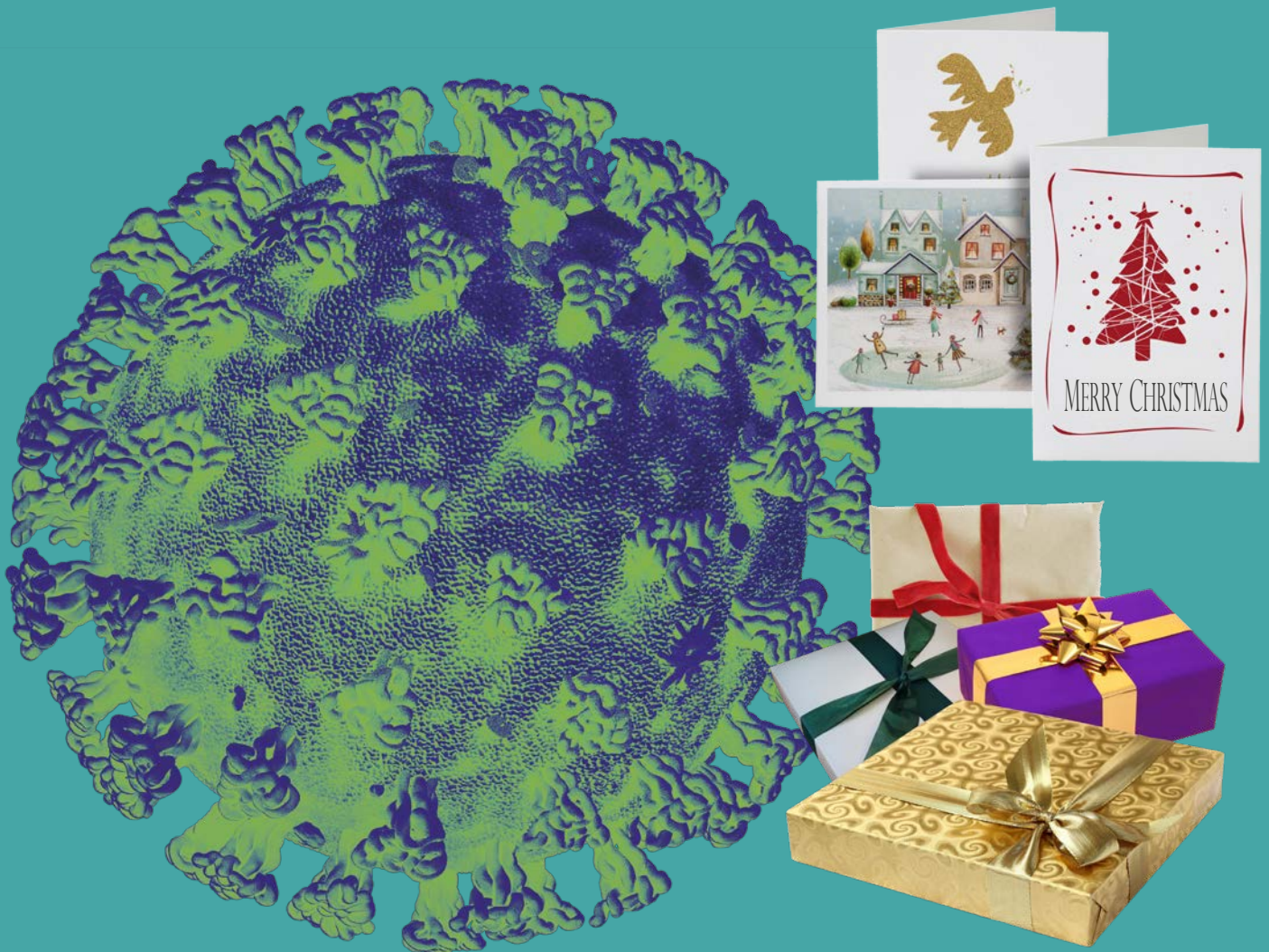


Coronavirus (COVID-19)

Rules for Christmas in Wales from 23 December until 27 December

What everyone in Wales can do to keep themselves and others safe over Christmas



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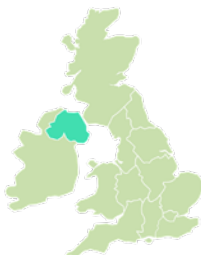
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Introduction

December						
Mon	Tue	Wed	Thu	Fri	Sat	Sun
	1	2	3	4	5	6
7	8	9	10	11	12	13
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We all like to meet together over Christmas. But this year we must remember that the safest way to spend Christmas is at home with our close family. We should try to mix with as few people as possible.

In Wales between 23-27 December:



- people from up to 2 different households can form a Christmas bubble
- you can only be in one Christmas bubble
- you cannot change your Christmas bubble
- One person who is living alone or a single parent can also join your bubble.
- you can travel anywhere in Wales and the rest of the UK to meet with people in your Christmas bubble, but only travel if you really need to
- If you are travelling to Northern Ireland to visit your Christmas bubble you can also travel on 22 December and 28 December



- You must not form a Christmas bubble if you are **self-isolating**
- You should try and keep your Christmas bubble as small as possible.

Before meeting your Christmas Bubble

Reduce meeting people you do not live with as much as possible before getting together with your Christmas bubble



Remember the more people you meet increases the risk you will catch or spread coronavirus



Meeting your Christmas Bubble

It is easier to catch and spread COVID-19 indoors. So when you meet people in your Christmas bubble you should:



- wash your hands lots of times during the day, especially before eating
- keep your distance from people you do not usually live with
- clean places that people touch – such as door handles and surfaces
- open windows and doors often to let in fresh air (but don't get too cold)
- Don't share things like towels or knives, forks and spoons
- Avoid doing things that can increase the risk of spreading the virus (such as shouting and singing)
- keep the time your bubble spends together as short as possible – a few hours or a day
- Only stay overnight at another person's house if you can't avoid it.

If you are clinically extremely vulnerable



You can still be part of a Christmas bubble if you are **clinically extremely vulnerable** but it does mean you have greater risk of getting poorly.



You will reduce your risk of catching the virus if you meet as few people as possible that you do not live with.

Other people in your Christmas bubble should also be extra careful of what they do when they meet you.

If you do decide to join a Christmas bubble you can do things to take extra care set out in **Guidance for the Clinically Extremely Vulnerable at Christmas**.

Travel to see your Christmas bubble

Between 23 and 27 December, if you travel to visit people in your Christmas bubble:

Plan your journey and check for any travel problems before you leave home.

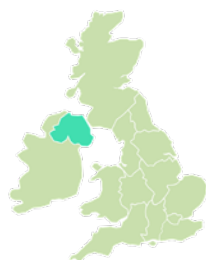
Try and keep any stops on your journey as few as possible.

If you can, don't use public transport and don't share a car with people who don't live with you.

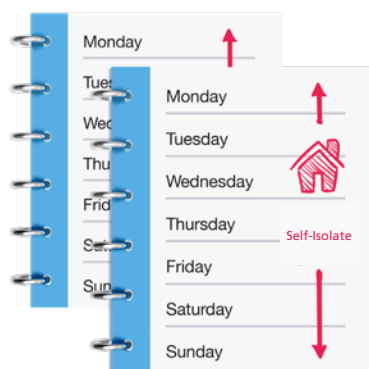
Wash or sanitise your hands regularly

Wear a [face mask on public transport](#) unless you are allowed not to.

If you plan to travel to England, Scotland or Northern Ireland, you should read advice from [England](#), [Scotland](#) or Northern Ireland before you travel as their rules may be different to rules in Wales.



Self-isolation



If you or someone in your house has tested positive for COVID-19 you must all **self-isolate**.

This means you can't join a Christmas bubble.

These rules are the law and you must follow them even if it means not meeting with friends or family over Christmas.



If you, or someone in your Christmas bubble, tests positive for COVID-19 or has coronavirus symptoms during Christmas, everyone in your Christmas bubble must **self-isolate**.

For the latest information about Coronavirus in Wales, please check the Welsh Government website gov.wales/coronavirus.