Healthier Scotland
Scottish Government

NHS SCOTLAND

Stopping the spread starts with all of us.

FACE COVERINGS | AVOID CROWDS | CLEAN HANDS | TWO METRES | SELF-ISOLATE

Following FACTS is an essential part of life right now to help stop the spread of the virus.

FACE COVERINGS

Face coverings can provide extra protection to you and those around you. They're mandatory in shops, workplaces and on public transport.

They must securely cover your nose and mouth.

Avoid touching your face when wearing a face covering and clean hands before and after use.

Wash reusable ones after each use and bin disposable ones responsibly.

AVOID CROWDS

Close proximity to others seriously risks spreading the virus, even outdoors.

Avoiding crowds reduces your risk of catching the virus and spreading it to loved ones.

CLEAN HANDS

Clean hands and surfaces regularly. Wash hands with soap and water for 20+ seconds.

When out, avoid touching hard surfaces and sanitise hands frequently, to reduce your risk of catching the virus from contaminated objects or surfaces.

TWO METRES DISTANCE

Keep at least 2m distance (6 feet) away from others, both indoors and outdoors, even when wearing a face covering.

The virus can spread through droplets when you cough, sneeze, speak or breathe. Staying 2m apart reduces the risk of catching it and passing it on to others.

SELF-ISOLATE

Self-isolate and book a test immediately if you have coronavirus symptoms - a continuous dry cough, a raised temperature, or a change in your sense of taste or smell.

Don't go for one last shop and don't wait for your test result to start isolating. Only leave your home to get tested.

Book a test at NHSinform.scot or by calling 0800 028 2816

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gov.scot/coronavirus