

COVID-19 fact sheet



The Scottish Government is reaching out to families and communities across Scotland, to share important messages about staying safe during the coronavirus pandemic. We would be grateful if you could share these messages via your communications channels to reach as many people as possible.

Stay at home

During the coronavirus pandemic, make sure everyone in your family continues to follow the Scottish Government's 'stay at home' advice to keep them safe.

You should only go out if you and your family are not showing coronavirus symptoms, like a high temperature or new continuous cough.

The reasons to go out include:

- To shop for basic necessities
- To take exercise
- For medical reasons or providing support to people who need extra help
- Or to travel to work if you cannot work from home.

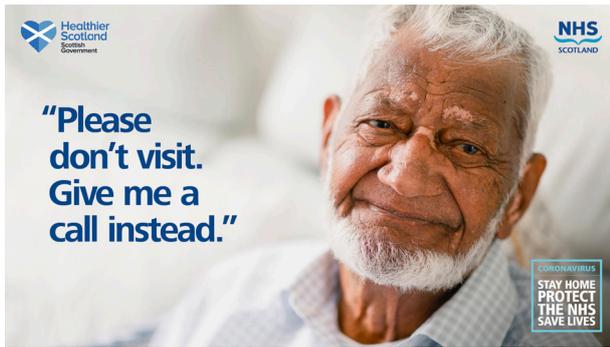
If you do have to go out, remember to stay **at least two metres** away from others and **wash your hands for 20 seconds** when you get home, and do this often during the day.



(Household group)



Advice to help you stay safe ►



Advice to help you stay safe

We know staying at home during the coronavirus pandemic isn't always easy, but there are some things that can help you and your family keep going.

Staying home tips:

- Plan your meals carefully so that you can avoid lots of shopping trips, particularly if you're shopping for a large family
- Help protect the people you love by phoning or video calling instead of visiting



You're not stuck at home, you're safe at home. The best way to protect yourself and others is to stay at home and follow good hygiene practices.

Good hygiene practices:

- Wash your hands for 20 seconds with soap and water and do this often during the day. If you can't use soap and water, use hand sanitiser gel that is at least 60% alcohol
- Catch coughs and sneezes with disposable tissues
- Throw away used tissues (then wash hands for 20 seconds)
- Avoid touching your face, especially your eyes, nose and mouth
- Stay at least two metres away from others not in your household

Find more information and translations at www.nhsinform.scot/coronavirus or call 0800 028 2816