CORONAVIRUS: PUBLIC INFORMATION

The Government and NHS are well prepared to deal with this virus.

You can help too.

The best way to protect yourself and others is

Wash your hands with soap and water, or use a sanitiser gel, regularly throughout the day.

Catch your cough or sneeze in a tissue, bin it, and wash your hands.

This is the best way to slow the spread of almost any germs, including Coronavirus.

If you recently arrived back from specified areas follow the returning traveller advice.

Check the list of areas and find out more at:
nhsinform.scot/coronavirus