



Protect Against Coronavirus (COVID-19)

DO:

- ✓ Self-isolate for 7 days from home if you have either a fever or temperature (above 37.8°C) or a new persistent cough
- ✓ ALWAYS cover your mouth with a tissue, sleeve or flexed elbow when coughing or sneezing
- ✓ Put used tissues in the bin immediately
- ✓ ALWAYS wash your hands with soap and running water after: coughing, sneezing, when caring for the sick, before during and after you prepare food, before eating, after toilet use, after handling animals or animal waste, when your hands are visibly dirty
- ✓ Use hand sanitizer if soap and water is not available
- ✓ Avoid close contact with people with flu like symptoms
- ✓ Clean crockery and cutlery in shared kitchens after use with warm water and detergent, drying thoroughly

DON'T:

- ✗ Touch your eyes, nose or mouth with unclean hands
- ✗ Spit in public
- ✗ Leave food or drink, such as crisps, sweets or cans, left open for communal sharing

For further information on how to protect against COVID-19 visit www.nhsinform.scot or for general advice contact the free NHS Helpline on **0800 028 2816**