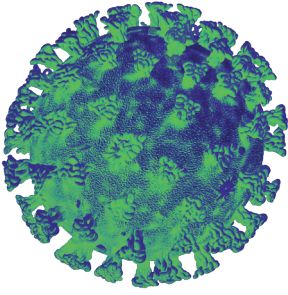# Coronavirus
# Latest advice

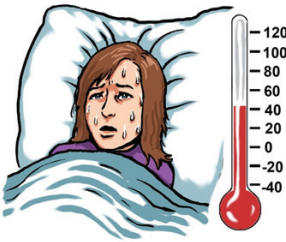**CORONAVIRUS**

**PROTECT YOURSELF OTHERS & THE NHS**

## What is Coronavirus?

A coronavirus is a type of virus. COVID-19 is a new form.

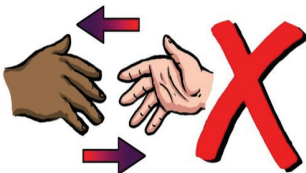Symptoms include: a high temperature or fever; a constant cough; and shortness of breath.

## Coronavirus
## Isolate your household

Stay at home if you have a high temperature or a new constant cough. Do this even if it is mild.

Everyone in your household must stay at home for at least 14 days.

Do not go to the GP, hospital or pharmacy.

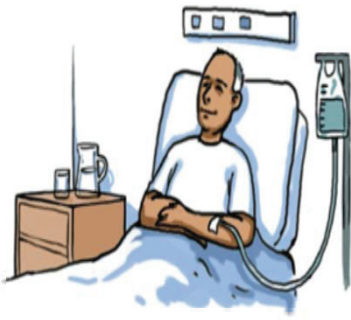Go to the website **nhsinform.scot/coronavirus** to check your symptoms and follow the advice.

Only call NHS 24 (111) if you cannot get online or your symptoms get worse.

Avoid contact with older people and people with existing health conditions.

Find out how to isolate at home at **nhsinform.scot/coronavirus**

# Testing for COVID-19

You will only be tested if you have a serious illness. This will only be for people that need to go to hospital.

# Avoiding infections

We do not know exactly how this new virus spreads. Coughs and sneezes spread similar viruses.

You can reduce your risk of getting infections by:

Avoiding touching your face

Washing your hands with soap and water. You can also use hand sanitiser.

Washing hands before eating and drinking. Also after coughing, sneezing and going to the toilet.

Avoiding contact with people that have a cold like illness.

Covering your nose and mouth when coughing or sneezing.

Use tissues and throw away after using.

# Self-isolation

Self-isolation means you should stay at home. You should not go to work, school or public areas.

You should avoid close contact with others.

Do not have visitors.

Do not use taxis or public transport.

Ask a friend or neighbour or get a delivery of shopping. This should be left at your door.

Avoid close contact with people including kissing and sex.

Do not share towels, clothes, toothbrushes or razors.

You should delay healthcare appointments, including medical, dental or opticians.

If you need to phone for an ambulance tell the person you are in self-isolation.

Do not go to the GP or hospital.

# Washing your hands

Washing your hands well removes viruses and bacteria. It stops them spreading to other people.

# More information

You can find out more information online at nhsinform.scot/coronavirus.

If you are looking for general information you can call the free helpline on 0800 028 2816. The helpline is open every day from 8.00am to 10.00pm.