

Protect others from getting sick

When coughing and sneezing
cover mouth and nose with
flexed elbow or tissue



Throw tissue into closed bin
immediately after use

Clean hands with alcohol-based
hand rub or soap and water
after coughing or sneezing and
when caring for the sick



World Health
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STAY HEALTHY WHILE TRAVELLING

Avoid close contact
with people suffering
from a fever and cough

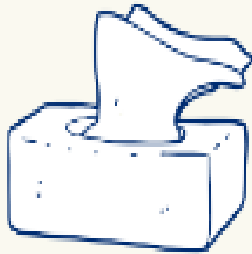


Frequently clean hands by
using alcohol-based
hand rub or soap and water

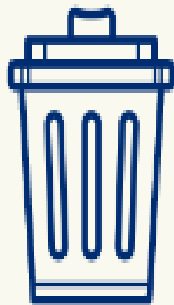
Avoid touching eyes,
nose or mouth



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CATCH IT.



BIN IT.



KILL IT.

CORONAVIRUS

If you are looking for information
visit [NHSinform.scot](https://nhsinform.scot) or call the helpline on 0800 028 2816

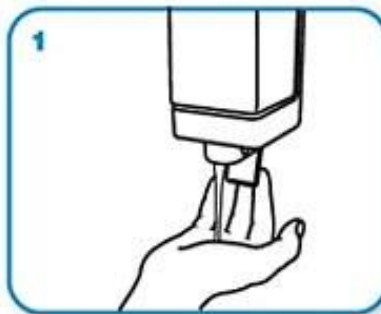
If you have returned from an affected area
and have symptoms

STAY HOME

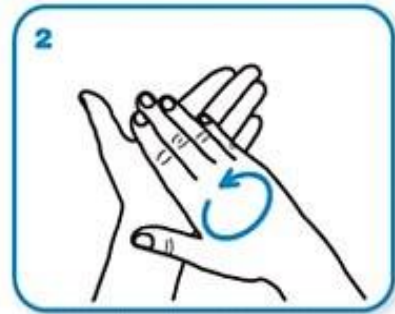
and call your GP or 111



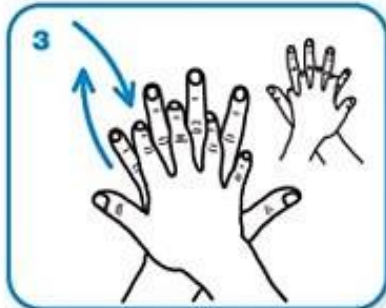
Wet hands with water



apply enough soap to cover all hand surfaces.



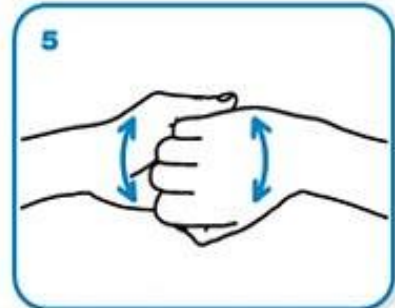
Rub hands palm to palm



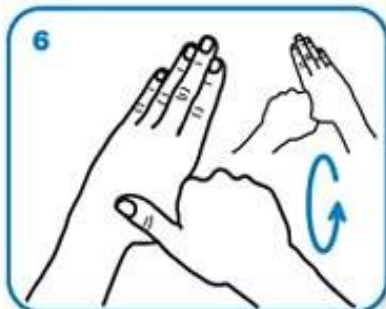
right palm over left dorsum
with interlaced fingers
and vice versa



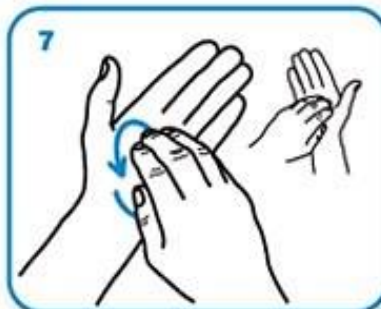
palm to palm with fingers
interlaced



backs of fingers to opposing
palms with fingers interlocked



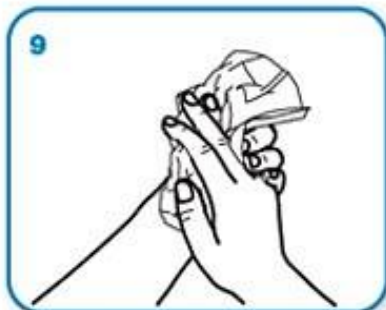
rotational rubbing of left thumb
clasped in right palm
and vice versa



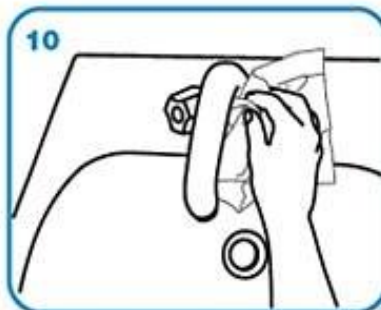
rotational rubbing, backwards
and forwards with clasped
fingers of right hand in left
palm and vice versa.



Rinse hands with water



dry thoroughly with a single
use towel



use towel to turn off faucet



...and your hands are safe.