



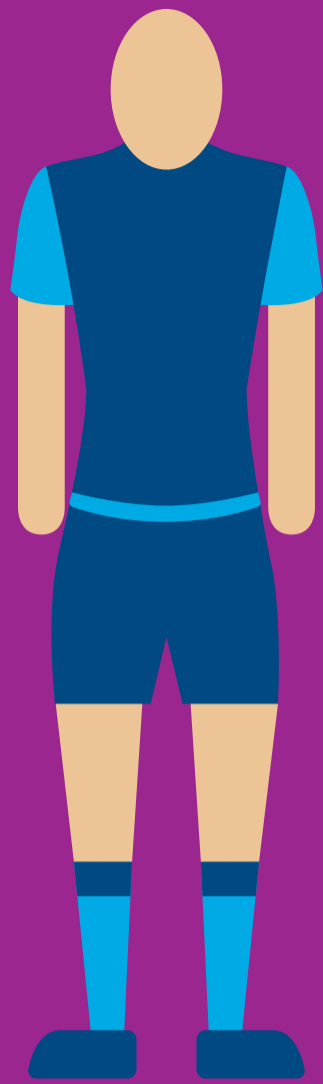
PRACTISE GOOD HYGIENE

AVOID SPITTING, CLEARING YOUR NOSE
AND TOUCHING YOUR EYES, NOSE AND MOUTH.

COVER YOUR COUGH OR SNEEZE BY USING
THE BEND OF YOUR ELBOW OR A TISSUE

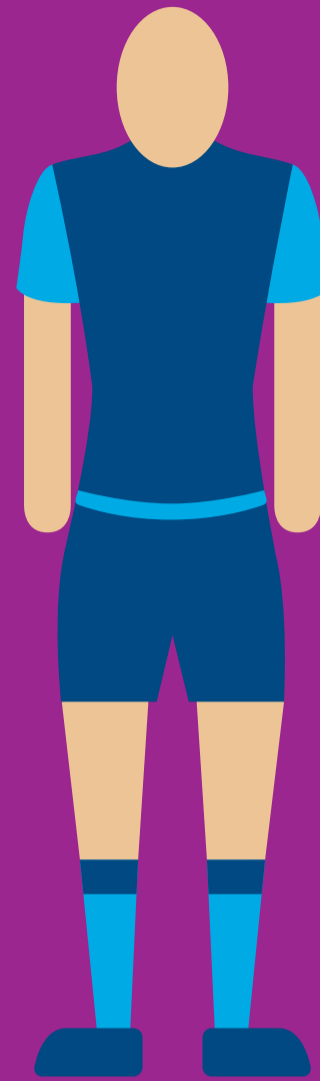
WASH YOUR HANDS FREQUENTLY
(min 20 seconds)





2

metres



MAINTAIN PHYSICAL DISTANCE

AT ALL TIMES DURING ACTIVITY AND BREAKS



**SCOTTISH
RUGBY**



SANITISE HANDS & EQUIPMENT

BEFORE AND AFTER ACTIVITY



Prevent the spread of COVID-19 in

7 STEPS



- 1** Wash your hands frequently (for min 20 seconds)
- 2** Avoid spitting, clearing your nose and touching your eyes, nose and mouth
- 3** Cover your cough or sneeze by using the bend of your elbow or a tissue
- 4** Avoid crowded places and close contact with anyone that has a fever or a cough
- 5** Stay at home if you feel unwell
- 6** If you've developed COVID-19 symptoms (however mild) in the last 7 days, stay at home, self isolate and arrange to be tested at www.NHSinform.scot
- 7** Get information at www.NHSinform.scot