

# Remember **FACTS** for a safer Scotland



**Face coverings**



**Avoid crowded places**



**Clean your hands regularly**



**Two metre distance**



**Self-isolate and book a test if you have symptoms**

## Face Coverings

- Mandatory on public transport, in shops, in certain indoor public places and should be worn where distancing is difficult
- Babies, toddlers and children under 5 should not wear them
- Not required where the person cannot put on, wear or remove a face covering because of any mental or physical illness, impairment, or disability and invisible disability, people who need to communicate with someone who has difficulties communicating, or where it will cause severe distress for the wearer or person in the care of the wearer
- Should be snug yet comfortable, allowing proper breathing while completely covering nose and mouth
- Wash reusable ones after each use and bin disposable ones responsibly, cleaning hands before and after handling

## Avoid Crowded Places

- Close proximity to others seriously risks spreading the virus, even outdoors
- If somewhere looks busy, leave and try again another time

## Clean Hands and Surfaces Regularly

- Wash hands often with soap and water for 20+ seconds, especially after going out or meeting with other households
- When out, avoid touching hard surfaces and sanitise hands frequently
- Clean surfaces regularly as the virus can live on them for 72 hours

## Two Metre Distance

- Keep 2 metres (6 feet) away from others where possible
- Applies both indoors and outdoors
- Limited exceptions for public transport, hospitality and retail
- Children under 12 are exempt

## Self-isolate and Book a Test if You Have Symptoms

- If you have any coronavirus symptoms, you and your household should isolate and you should book a test straight away at **NHSinform.scot** or by calling **0800 028 2816** if you cannot get online

**nhsinform.scot/coronavirus**  
**#WeAreScotland**