

# 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](https://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](https://nhsinform.scot/coronavirus)

**CORONAVIRUS**

**PROTECT  
YOURSELF  
OTHERS &  
THE NHS**