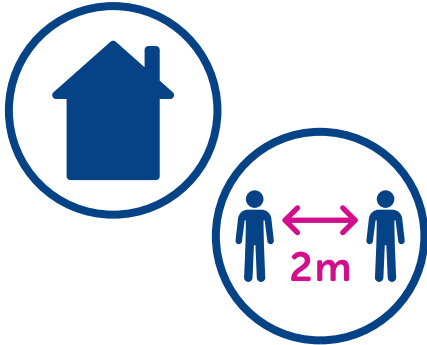


CORONAVIRUS:

Stay at home advice: what does it all mean and who does it apply to?

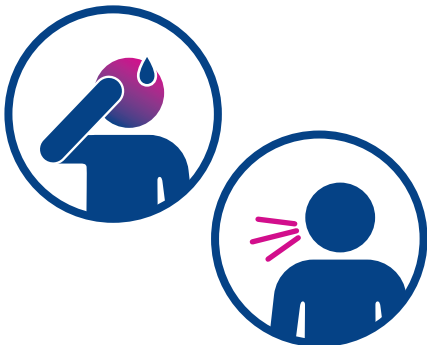
SOCIAL DISTANCING applies to EVERYONE



'Social distancing'

- Stay at home
- Only go out for food, health reasons or work (but only if you can't work from home)
- Only take one form of exercise a day, alone or only with members of your own household
- If you go out, stay 2 metres (6 feet) away from others
- Do not meet others, even friends or family

SELF-ISOLATION only applies to you and the rest of your household if you have CORONAVIRUS SYMPTOMS



'Self-isolation'

If you have a high temperature or a new, continuous cough:

- You must stay at home and not go out **at all** for 7 days
- Everyone you live with must stay at home and not go out **at all** for 14 days

You should arrange for food and medicines to be delivered to you.

Phone 111 if your symptoms haven't improved after 7 days.

SHIELDING only applies to you if you are in a VERY HIGH-RISK GROUP



'Shielding': Stay at home for 12 weeks

NHS Scotland will contact you if you are in very high-risk group. If you are:

- You must stay at home and not go out **at all** for at least 12 weeks
- Everyone you live with should follow the 'social distancing' rules above

You will get support to make sure you are getting the food and medicines you need.