

# 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



# STAY HEALTHY WHILE TRAVELLING

**Avoid close contact  
with people suffering  
from a fever and cough**

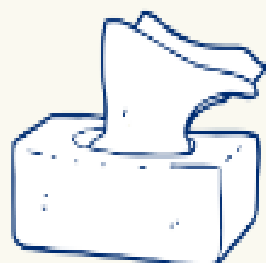


**Frequently clean hands by  
using alcohol-based  
hand rub or soap and water**

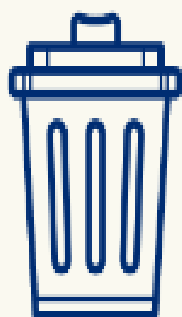
**Avoid touching eyes,  
nose or mouth**



World Health  
Organization



**CATCH IT.**



**BIN IT.**



**KILL IT.**

# CORONAVIRUS

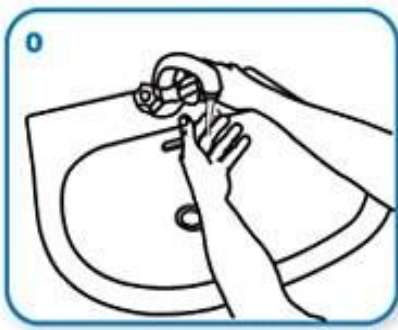
**If you are looking for information**

visit [NHSinform.scot](https://www.nhs.uk/informationscot) or call the helpline on 0800 028 2816

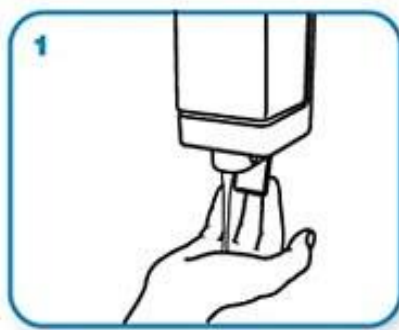
**If you have returned from an affected area  
and have symptoms**

**STAY HOME**

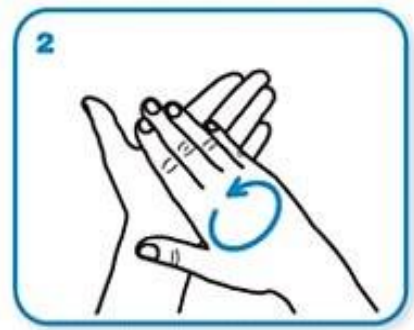
and call your GP or 111



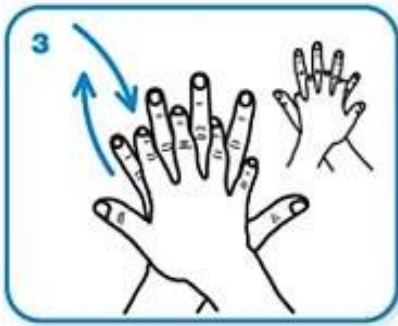
Wet hands with water



apply enough soap to cover all hand surfaces.



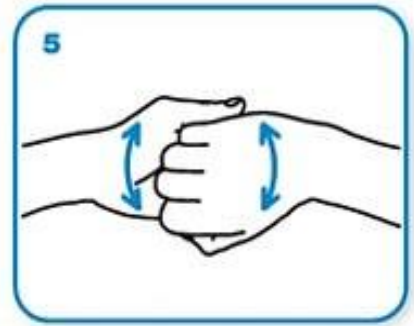
Rub hands palm to palm



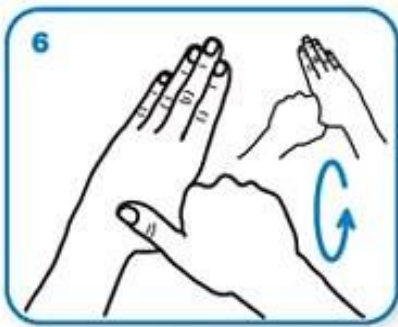
right palm over left dorsum with interlaced fingers and vice versa



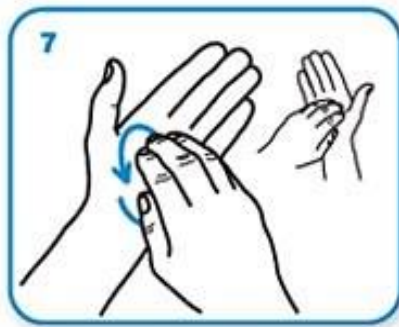
palm to palm with fingers interlaced



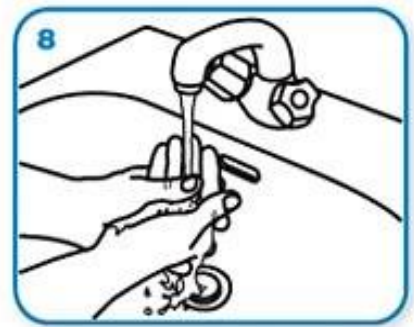
backs of fingers to opposing palms with fingers interlocked



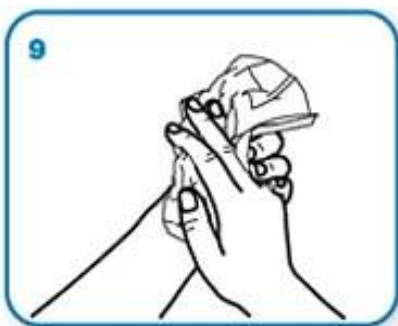
rotational rubbing of left thumb clasped in right palm and vice versa



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



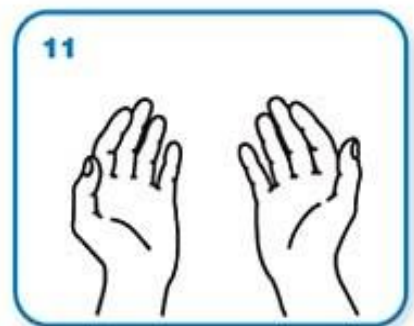
Rinse hands with water



dry thoroughly with a single use towel



use towel to turn off faucet



...and your hands are safe.