CORONAVIRUS

The Government and NHS are prepared to deal with this virus but you can help too.

Germs can live on some surfaces for hours. To protect yourself and others:

**CATCH IT.**
Catch your cough or sneeze in a tissue.

**BIN IT.**
Throw the tissue away in the bin.

**KILL IT.**
Use soap and water, or use a sanitiser gel.

This is the best way to slow the spread of almost any germs, including Coronavirus.

Find out more at [nhsinform.scot/coronavirus](http://nhsinform.scot/coronavirus)

Scan the QR code for a list of frequently asked questions and regular updates.