

# Remember **FACTS** for a safer Scotland

# F

Face coverings



# A

Avoid crowded places



# C

Clean your hands regularly



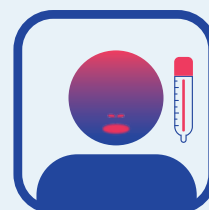
# T

Two metre distance



# S

Self isolate and book a  
test if you have symptoms



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