



Healthier  
Scotland  
Scottish  
Government



# Coronavirus

## Isolate your household

## Stay at home

If you or anyone in your household has a high temperature or a new and continuous cough – even if it's mild

- ✔ **Everyone in your household must stay at home** for 14 days and keep away from others.
- ✘ **DO NOT** go to your GP, hospital or pharmacy.
- ✔ **Go to [nhsinform.scot](https://nhsinform.scot)** to check your symptoms and follow the specialist medical advice. Only call NHS 24 (111) if you can't get online or your symptoms worsen.
- ✔ **Protect** older people and those with existing health conditions by avoiding contact.



Find out how to isolate at home at  
[nhsinform.scot/coronavirus](https://nhsinform.scot/coronavirus)