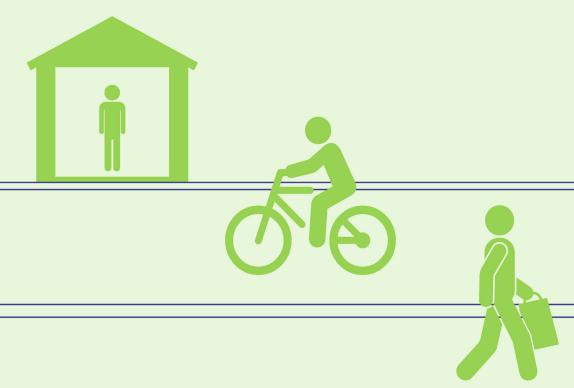
Phase 2

Thinking of travelling? Ask yourself if your journey is really necessary.

- Limit travel as much as possible.
- If you have to travel, try to walk or cycle.
- Stay within your local area for exercise, shopping and other activities.

For more information go to gov.scot/coronavirus





Face verings



Avoid crowded places



Clean hands regularly



Two metre distance



Self isolate and book a test if you have symptoms



FACTS
for a safer Scotland





