

# Thinking of travelling?

## Ask yourself if your journey is really necessary.

Phase 2

- 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](https://gov.scot/coronavirus)



**F**ace coverings



**A**void crowded places



**C**lean hands regularly



**T**wo metre distance



**S**elf isolate and book a test if you have symptoms

Remember

# FACTS

for a safer Scotland