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# Coronavirus in Scotland

Protect yourself and others:

- stay at home
- only go outside for essential food, health and work reasons
- stay 2 metres (6 feet) away from other people
- wash your hands regularly
- wash your hands as soon as you get home

## Coronavirus symptoms

- high temperature or fever
- a new, continuous cough
- shortness of breath



## Health advice

Health advice can be found on: [NHS Inform](#).

A free helpline can give advice if you do not have symptoms, but are looking for general advice: 0800 028 2816.

The [latest information and advice for professionals and organisations](#) is on the Health Protection Scotland website.

Overseas visitors to Scotland, regardless of their residency status, are exempt from NHS charges for both the diagnosis and treatment of coronavirus (COVID-19).

- [healthcare for overseas visitors](#) 
- [healthcare for refugees and asylum seekers](#) 

## Scottish test numbers: 29 March 2020

A total of 13,889 Scottish tests have concluded. Of these:

- 12,505 tests were confirmed negative
- 1,384 tests were positive
- 41 patients who tested positive have died

Health board	Positive cases
Ayrshire and Arran	108

Borders	50
Dumfries and Galloway	63
Fife	58
Forth Valley	94*
Grampian	62
Greater Glasgow and Clyde	401
Highland	42
Lanarkshire	184
Lothian	188
Shetland	27
Tayside	107

\*Note: one case from Forth Valley has been reassigned to Greater Glasgow and Clyde as more information became available.

The latest numbers will publish at 2pm each day.

The Department of Health publishes [UK figures](#) on behalf of all UK Chief Medical Officers. Test results from Scotland are included in the overall UK figure.

### Help your community and volunteering advice

Information on how to help your community is on the [Ready Scotland](#) website.

### Business advice

If you run a business you can get advice by calling the helpline: 0300 303 0660. It is open Monday to Friday, 8.30am to 5.30pm. Select option 1 to speak to the COVID-19 team.

The [Find Business Support](#) website gives the latest information and advice.

### Benefits and employment rights

Advice about benefits and employment rights is on [Citizens Advice Scotland](#).

### Advice for parents

Advice for parents is on the [ParentClub](#) website.

### Travel, visa and passport advice

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Guidance for British people travelling abroad: [Travel advice: coronavirus \(COVID-19\)](#).

Travel advice and country specific information can be found at: [FitForTravel](#).

Guidance for visa holders and applicants in Scotland, and British nationals overseas who need to apply for a passport: [Visa and passport advice \(COVID-19\)](#).

## Our approach

Our approach is guided by the Chief Medical Officer, and we continue to monitor the situation closely and to work with the WHO and international community.

We are working with the Welsh Government, Northern Ireland Executive, and the UK Government to respond to the ongoing outbreak.

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## Publications

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[Coronavirus \(COVID-19\): advice to owners of companion animals and livestock](#)

[Coronavirus \(COVID-19\): advice for beekeepers](#)

[Coronavirus \(COVID-19\): shielding support contacts](#)

[Coronavirus \(COVID-19\): staying at home and away from others \(social distancing\)](#)

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