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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: 30 March 2020

A total of 14,624 Scottish tests have concluded. Of these:

- 13,061 tests were confirmed negative
- 1,563 tests were positive
- 47 patients who tested positive have died

Health board	Positive cases
Ayrshire and Arran	154

Borders	63
Dumfries and Galloway	74
Fife	70
Forth Valley	103
Grampian	66
Greater Glasgow and Clyde	449
Highland	44
Lanarkshire	197
Lothian	208
Shetland	27
Tayside	108

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**

You must stay at home, do not travel unless for food, health and essential work.

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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## Coronavirus (COVID-19): guidance

## News

[Early Learning and Childcare expansion](#)

[Tens of thousands sign up to help during coronavirus outbreak](#)

[Temporary COVID-19 medical facility](#)

[Health screening programmes paused](#)

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## Publications

[Coronavirus \(COVID-19\): guidance on moving home](#)

[Coronavirus \(COVID-19\): social distancing in education and childcare settings](#)

[Coronavirus \(COVID-19\): Declaration of a serious and imminent threat to public health \(supplementary\)](#)

[Coronavirus \(COVID-19\) - independence referendum: Cabinet Secretary for Constitution letter](#)

[Coronavirus \(COVID-19\) update: First Minister's speech 30 March 2020](#)

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