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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

The most common symptoms of COVID-19 are a new continuous cough and/or a fever/high temperature (37.8C or greater).

A new continuous cough is where you:

- have a new cough that's lasted for an hour
- have had 3 or more episodes of coughing in 24 hours
- are coughing more than usual

## 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: 7 April 2020

A total of 25,022 people in Scotland have been tested. Of these:

- 20,793 tests were confirmed negative
- 4,229 tests were positive
- 296 patients who tested positive have died

Find out about our [new process for reporting COVID-19 deaths](#).

Health board	Positive cases
Ayrshire and Arran	296
Borders	149
Dumfries and Galloway	152
Fife	239
Forth Valley	243
Grampian	210
Greater Glasgow and Clyde	1094
Highland	112
Lanarkshire	547
Lothian	621
Orkney	4
Shetland	42
Tayside	516
Eileanan Siar (Western Isles)	4

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.

## Coronavirus (COVID-19): guidance

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### News

[Nursing and midwifery students step up to join coronavirus workforce](#)

[Funding for community pharmacies](#)

[Guidance for construction industry](#)

[Emergency help for those worse affected by coronavirus](#)

 [See all news](#)

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### Publications

[Coronavirus \(COVID-19\): nursing and community health staff guidance](#)

[Coronavirus \(COVID-19\): alcohol and civic licensing](#)

[Coronavirus \(COVID-19\): framework to support gypsy/traveller communities](#)

[Coronavirus \(COVID-19\): guidance for stakeholders on the Coronavirus \(Scotland\) Act 2020](#)

[Coronavirus \(COVID-19\): transfer of medical certificates of cause of death - guidance for doctors](#)

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