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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 (COVID19) daily data for Scotland

- [see the latest coronavirus data for Scotland, including reported cases, deaths and patients in hospital](#)

## 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](#) 

## Business, third sector or voluntary organisations – offering support

Businesses, third sector or voluntary organisations can [offer to help with the response to coronavirus by completing an online form](#).

If your offer is for NHS Scotland, use the [NHS Scotland Supply Offers Portal](#).

You can also [find information on the kinds of things the government needs help with](#).

If you're a member of the public who also wants to share an idea they have, email [cpe@gov.scot](mailto:cpe@gov.scot).

### **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**

**ADVICE AND GUIDANCE**

5 May 2020

**Coronavirus (COVID-19): framework for decision making - further information**

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**[Coronavirus \(COVID-19\) update: First Minister's speech 15 May 2020](#)**

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