

Search

About

Topics

News

Publications

Consultations

Blogs

[Home](#) › [Topics](#) ›

# 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 and as soon as you get home

## Information and support

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---

[Protecting yourself and others](#)



---

[Health and wellbeing](#)



---

[Getting tested for coronavirus](#)



---

[Healthworkers, carers and social work](#)



---

[Housing and accommodation](#)



---

[Schools, education, children and young people](#)



---

[Businesses and self-employed people](#)



---

[Work and financial support](#)



---

[Offer help](#)



---

[Funerals, burial and cremation](#)



---

[Animal owners](#)



---

[Travel](#)



---

[Scottish Government approach and strategy](#)



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