

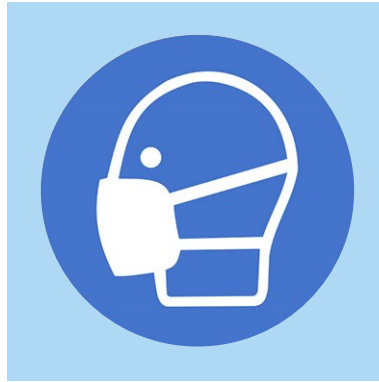
Protect yourself and others:
Stay On Board

CORONAVIRUS (COVID-19)

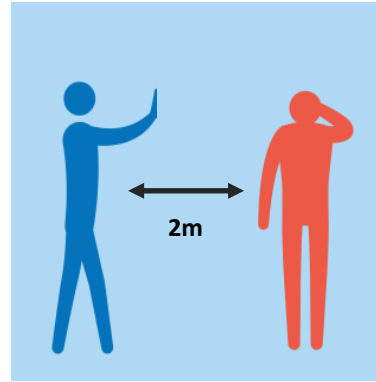
GOOD PRACTICES



**Wash your hands often
with soap and water
for at least 20 seconds.**



**Wear face covering
in enclosed
buildings and stores.**



**Stay 2 metres (6ft)
away from other
people at all times**



**Avoid crowded
places and close
contact with others.**



**Self-isolate if you
have COVID-19
symptoms.**

- Wash your hands before you leave the vessel and as soon as you get back on board.
- You **MUST** wear a face covering when entering enclosed work building / areas or retail stores.
- If you go ashore, stay 2 metres (6ft) away from other people at all times.
- Avoid crowded places and close contact with others.
- Where you have COVID-19 symptoms, you **MUST NOT** leave your vessel. Report this to the vessel master immediately.
- Only go ashore for food, health or work-related reasons - but only if you cannot do this on board.
- Consider downloading the free 'Protect Scotland' contact tracing app.

Do not meet others, even friends or family. You can spread the virus even if you don't have symptoms.