



Corona Virus Information

Symptoms & Advice

Before you come to our centre or event, please consider your current state of health and whether you have been travelling abroad:

a) If you have been to any area affected by a coronavirus outbreak in the last 14 days, please do not come to any of our sites, even if you have no symptoms. You should self-isolate:

- Call NHS24 (Tel: 111)
- Do not go to a GP surgery, pharmacy or hospital.
- In Scotland call your GP or NHS24 on Tel: 111 out of hours.

b) If you are showing symptoms of coronavirus please do not come to our facility and follow government health guidance, self-isolating as advised above. The main signs of infection are fever (high temperature) and a cough as well as shortness of breath and breathing difficulties.

c) If you are invited to a meeting or event at the centre and you are in one of the risk categories, you must not attend the meeting in person.

If you have any questions, please get in touch with your point of contact at Moray Sports Centre.

If you are already in the building and feel unwell:

- If you have travelled to an affected country, have been in contact with someone who is a confirmed case or if you show the relevant symptoms of the virus, you should try to move to an isolated area which is at least 2m away from other people (e.g. an available meeting room).
- Please make a member of our staff aware.
- You should call NHS24 on Tel: 111 from your own mobile and explain any relevant details, such as any affected country you have returned from in the last 14 days and outline your current symptoms.
- Try and remain at least 2m from other people, cover your mouth and nose with a tissue when you cough or sneeze and avoid touching people, surfaces and objects.
- If you need to go to the bathroom while waiting for medical assistance, please use a separate bathroom, if available.

