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| |  |  |  |  | | --- | --- | --- | --- | | |  | | --- | | [Perth & Kinross Community Watch Logo](https://www.pkcommunitywatch.co.uk/) | | |  | | --- | | [Neighbourhood Watch Scotland](http://www.neighbourhoodwatchscotland.co.uk/) | | |
| |  |  |  |  | | --- | --- | --- | --- | | |  | | --- | | [Message Type Icon](https://twitter.neighbourhoodalert.co.uk/images/msgTypes/Mt7P5.jpg) | | |  | | --- | | Neighbourhood Watch Scotland - Covid-19 Update | | |
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| **Neighbourhood Watch Scotland – COVID-19**   Neighbourhood Watch Scotland members and communities have been responding positively to the coronavirus COVID-19 situation and making a real impact within their local communities. The Neighbourhood Watch Scotland Team has been hearing many good stories of support as well as requests for support and guidance.  This is challenging times for us all - health, safety and wellbeing must be our top priorities and at the heart of every decision we make. We must all do our part to help reduce the transmission of COVID-19 and must follow the guidance and best practices from the NHS and Government. The most important actions we can all take is to do everything we can to avoid becoming ill and placing further pressure on the NHS and other emergency services. For all current advice on COVID-19 see the following links:  <https://www.gov.scot/coronavirus-covid-19/> <https://www.nhsinform.scot/coronavirus> <https://www.gov.uk/coronavirus> <https://www.nhs.uk/conditions/coronavirus-covid-19/>   For information on helping in your community go to link: <https://www.readyscotland.org/coronavirus/>   **Please Remember** Wash your hands with soap and water often – do this for at least 20 seconds and do not touch your eyes, nose or mouth if your hands are not clean. Do not purchase more food and provisions than you need   We are also concerned about scams and fraud that may arise as people take advantage of the crisis and will continue to gather insights into coronavirus COVID-19 scams and crimes.  Advice and guidance is continually being updated and we will do our best to keep you informed. The following link from Trading Standards Scotland contains good, relevant and updated information:  <https://mailchi.mp/b3d2ca964e92/scam-share-focus-on-coronavirus>  Please share the above information as required Best Wishes and Stay Safe |