

1 May 2020

National Trust for Scotland

Historical photographic guide to staying safe during Covid-19

Stay at Home (*Image: NTS Canna House, Isle of Canna – old woman sitting by a cast iron range in a hearth*)



Unless you're shopping for food or other essential items (*Image: NTS Canna House, Isle of Canna – man holding a crayfish*)



Or going out to exercise once a day (Image: NTS Canna House, Isle of Canna – man walking across rocks)



Or going out for medical purposes (Image: NTS Brodick Castle, Isle of Arran – nurses in aprons)



If you are unable to work from home, you are allowed to go to work as a key worker (Image: NTS Angus Folk Museum – man ploughing with two horses)



When outside, you must maintain social distancing measures (two metres apart), like this... (Image: NTS Brodie Castle - page from a photo album)



but definitely not like this... (Image: NTS Brodie Castle – image from photo album)



And wash your hands for at least twenty seconds when you enter a new place or arrive home (NTS: Broughton House – two hands)



-ENDS-

Issued on behalf of National Trust for Scotland by Frame PR.

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Notes to editors

About the National Trust for Scotland

The National Trust for Scotland is the charity that celebrates and protects Scotland's heritage. It relies on the support of its members and donors to carry out its important work of caring for the natural and built heritage of Scotland for everyone to enjoy.

From coastlines to castles, art to architecture, wildlife to wildernesses, the National Trust for Scotland exists to protect the national and natural treasures we all love. To plan your visit today, enter your postcode at www.nts.org.uk.

