



**SCOTTISH
MEN'S SHEDS
ASSOCIATION**

Coronavirus: Think twice...

As a precautionary measure to ensure the safety of Shedders, please think twice before attending your local Men's Shed if you are feeling ill or have symptoms (fever, cough, shortness of breath etc).

If you are feeling well and intend to go along to your Shed, please take precautions such as:

washing your hands regularly
avoid touching your eyes, nose and mouth
ensure cups and cutlery are thoroughly cleaned

Should you experience symptoms, please contact the NHS on 111 and contact your Shed by email or phone to let them know that you are ill.

SMSA encourages Shedders to maintain strong support networks to ensure no-one feels isolated. It is important to be vigilant and look out for our fellow Shedders, friends, family and community members during this time.