

## Self-isolate: Stay Home

Everybody in Nova Scotia can help stop COVID-19. Many people must self-isolate to help stop COVID-19.

You self-isolate when you stay home. You are alone.

You self-isolate when

- You travelled outside of Canada
- You travelled from another province in Canada
- You were near somebody who maybe has COVID-19

Sometimes, people with COVID-19 feel healthy. They don't know they are sick. They can make other people sick.

### When you Self-isolate, you must

- **Stay home** and check your health for 14 days
- **Stay away from other people** for 14 days to stop COVID-19. You can't share the virus.
- **Stop COVID-19** in your home and in your community

Are you living with a person in self-isolation from COVID-19?

Maybe you must stay home for 14 days. Maybe you must stay home for more than 14 days.

Call 811.

### How do I Self-Isolate?

- Stay home
- Be alone. Do not be near other people.
- Do not go to school or work
- Do not go shopping
- Do not take the bus, ferry, or a taxi
- Do not have friends and family visit
- Stay away from older adults, or anyone with health problems

- Stay away from people who were outside of Nova Scotia or Canada in the last 14 days
- Stay away from people with COVID-19
- If you need to see another person,
  - stay 2 metres away
  - Talk for a very short time
  - Stay in a different room, and use a different bathroom

### **What can you do when you self-isolate?**

- Say hello. Do not shake hands, kiss, or hug. Stay 2 metres away from people.
- Call or shop online for delivery.
- Ask family and friends to buy food and medicine. Put it outside your door.
- Exercise at home
- Go outside for some fresh air. Walk, run, or bike. Play games in your yard.
- Play games with family and friends online.
- Use video calls to speak to family and friends
- Work from home
- Draw, make puzzles, sew, play music

### **Keep your hands clean**

- Wash your hands with soap and water for 20 seconds many times every day
- Dry your hands with dry towels or dry paper towels
- Use hand sanitizer
- Do not touch your eyes, nose, or mouth
- Cough or sneeze into your elbow

### **Keep surfaces clean and do not share personal items**

- Every day, clean where you touch: toilets, doorknobs, phones, sinks, and TV remote controls
- Clean with disinfectants and cleaners from a store. Read the instructions on the cleaners.
- Do not share your toothbrush, towel, blankets, forks, glasses, or phones

## **Check your health**

- Do you have a fever, cough, or breathing problems?
- You start a fever, cough, or breathing problems. Maybe they are small.
  - Stay home
  - Stay away from people in your house
  - Take the [COVID-19 online self-assessment questionnaire](#). This will tell you when to call 811.

## **You self-isolate. You need**

- Paper towels
- Thermometer
- Running water
- Hand soap
- Hand sanitizer with 60% alcohol
- Dish soap
- Laundry soap
- Cleaners for your house
- To ask family or friends to bring you food and medicine. Put it outside your door.

Read [this](#) for more information, from the Government of Canada.

Visit [Canada.ca/coronavirus](#) or call [1-833-784-4397](#)

# CORONAVIRUS DISEASE (COVID-19): HOW TO SELF-ISOLATE AT HOME WHEN YOU MAY HAVE BEEN EXPOSED AND HAVE NO SYMPTOMS

People with COVID-19 do not always recognize their early symptoms. Even though you do not have symptoms now, you need to self-isolate if in the last 14 days, you:

- ▶ travelled **outside of Canada**  
OR
- ▶ had close contact with someone who has or is suspected to have COVID-19

**Self-isolate** means that, **for 14 days** you need to:

- ▶ **stay at home** and monitor yourself for symptoms, even if mild
- ▶ **avoid contact with other people** to help prevent transmission of the virus at the earliest stage of illness
- ▶ **do your part to prevent the spread of disease** in your home and in your community, in case you develop symptoms

**Note:** If you are living with a person who is isolated because they have or are suspected to have COVID-19, your self-isolation period may be extended beyond 14 days. Seek direction from your **public health authority**.

To self-isolate, take the following measures:

## Limit contact with others

- ▶ Stay at home or the place you are staying in Canada.
- ▶ Do not go to school, work, other public areas or use public transportation (e.g., buses, taxis).
- ▶ Do not have visitors.
- ▶ Avoid contact with older adults, or those with medical conditions, who are at a higher risk of developing serious illness.
- ▶ Avoid contact with others, especially those who have not travelled or been exposed to the virus.
- ▶ If contact cannot be avoided, take the following precautions:
  - keep at least 2 metres between yourself and the other person
  - keep interactions brief
  - stay in a separate room and use a separate bathroom, if possible

## Things you can do while self-isolating

While keeping a physical distance of 2 metres from others, you can:

- ▶ greet with a wave instead of a handshake, a kiss or a hug
- ▶ use food delivery services or online shopping
- ▶ ask family, a neighbor or friend to help with essential errands
- ▶ exercise at home
- ▶ go outside for some fresh air, a run, a bike ride, or to walk the dog
- ▶ host online dinners and games with family and friends
- ▶ use technology, such as video calls, to keep in touch with family and friends
- ▶ work from home
- ▶ get creative by drawing chalk art or running back yard obstacle courses and games

## Keep your hands clean

- ▶ Wash your hands **often** with soap and water for at least 20 seconds, and dry with disposable paper towels or dry reusable towel, replacing it when it becomes wet.
- ▶ You can also remove dirt with a wet wipe and then use an alcohol-based hand sanitizer.
- ▶ Avoid touching your eyes, nose and mouth.
- ▶ Cough or sneeze into the bend of your arm or into a tissue.

## Keep surfaces clean and avoid sharing personal items

- ▶ At least once daily, clean and disinfect surfaces that you touch often, like toilets, bedside tables, doorknobs, phones and television remotes.
- ▶ Use store-bought disinfectants to clean, following the directions on the label.
- ▶ Do not share personal items with others, such as toothbrushes, towels, bed linen, utensils or electronic devices.

## Monitor yourself for symptoms

- ▶ Monitor yourself for symptoms, particularly fever and respiratory symptoms such as coughing or difficulty breathing.
- ▶ Take and record your temperature daily (or as directed by your **public health authority**) and avoid using fever-reducing medications (e.g. acetaminophen, ibuprofen) as much as possible. These medications could mask an early symptom of COVID-19.
- ▶ If you develop symptoms, even if mild:
  - stay home
  - immediately isolate yourself from others in your house
  - contact your public health authority as soon as possible and follow their instructions

## Supplies to have at home when self-isolating

- Disposable paper towels
- Thermometer
- Running water
- Hand soap
- Alcohol-based sanitizer containing at least 60% alcohol
- Dish soap
- Regular laundry soap
- Regular household cleaning products
- Alcohol prep wipes
- Arrange to have your groceries delivered to you



**WE CAN ALL DO OUR PART IN PREVENTING THE SPREAD OF COVID-19. FOR MORE INFORMATION, VISIT**

[Canada.ca/coronavirus](https://www.canada.ca/coronavirus)  
or contact  
**1-833-784-4397**

