



Memberton  
WELCOMING THE WORLD

CORONAVIRUS:

# PROTECTING YOUR FAMILY AGAINST COVID-19



## COMMON QUESTIONS

You may not feel sick but you could have some warning signs.



## DAILY CHECK LIST

It is important to closely monitor your health.



## SELF-ISOLATION

Helping prevent the spread of COVID-19.



COMPLETE A COVID-19 SELF-ASSESSMENT BY CALLING 811 OR  
<https://covid-self-assessment.novascotia.ca/en>

# COVID-19 Daily Checklist

It is important to closely monitor your health and the health of those you care for. Please consider these questions each day before leaving home and entering public spaces.

If you are feeling unwell, you should **stay home or go home immediately, and follow the instructions below**. Stay informed. For the most recent information, changes and restrictions visit <https://novascotia.ca/coronavirus>.

1

**Are you feeling unwell or do you have new or worsening health symptoms?**

If yes, stay home and avoid public spaces, including work, school/child care, and shopping.

2

**In the past 48 hours have you had, or are you currently experiencing, any of these symptoms?**



Fever (i.e. chills/sweats) **OR** Cough (new or worsening)

**OR** two or more of the following symptoms (new or worsening);



Sore throat



Runny nose/nasal congestion



Headache



Shortness of breath

If yes, stay home and complete the COVID-19 self-assessment online, <https://covid-self-assessment.novascotia.ca/>. If you are unable to access the online tool, call 811.

3

**In the last 14 days, have you or anyone in your household travelled outside Atlantic Canada?**

If yes, and the travel is not essential, everyone in your home is required by law to self-isolate for 14 days. For more information on isolation and essential travel, visit <https://novascotia.ca/coronavirus/symptoms-and-testing/#self-isolate>.

4

**In the last 14 days, have you had close contact (within 2 metres / 6 feet) with someone confirmed to have COVID-19?**

If yes, you must stay home. You are required by law to self-isolate if you have been identified as a close contact of someone with COVID-19. If you haven't spoken with Public Health or been tested, you should complete the online assessment at <https://covid-self-assessment.novascotia.ca/> or contact 811 to be screened for testing for COVID-19.

5

**Are you waiting for results from a COVID-19 test or have you tested positive for COVID-19?**

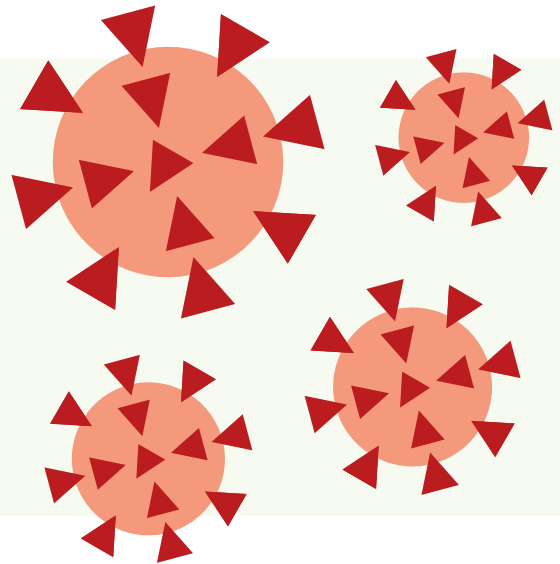
If yes, stay home. You are required by law to self-isolate while awaiting COVID-19 test results or if you have tested positive for COVID-19. Please follow instructions given by Public Health.

Revised November 25, 2020

COVID-19 VIRUS:

## Common Questions About the Signs

You may not feel sick but could have some warning signs.



If you answer yes to even one of these questions,

complete a COVID-19 Self-Assessment at [811.novascotia.ca](https://www.novascotia.ca) or call 811.

**Do you have a fever (chills or sweats) or a cough (new or getting worse)?**

Complete a COVID-19 Self-Assessment at [811.novascotia.ca](https://www.novascotia.ca) or call 811.

**Or, do you have two or more of these symptoms?**

If you have any combination of sore throat, runny nose, headache, or shortness of breath, **complete a COVID-19 Self-Assessment at [811.novascotia.ca](https://www.novascotia.ca) or call 811.**

**Can my children have signs?**

Yes, if your child has signs, **complete a COVID-19 Self-Assessment at [811.novascotia.ca](https://www.novascotia.ca) or call 811.**

If adults living together have signs, **complete a COVID-19 Self-Assessment at [811.novascotia.ca](https://www.novascotia.ca) or call 811.**

**A family member, friend or neighbour has signs of being sick. What do I do?**

**Encourage them to complete a COVID-19 Self-Assessment at [811.novascotia.ca](https://www.novascotia.ca) or call 811.**

If you have had close contact with them, watch for signs.

**If you experience other symptoms that are a concern for you, complete a COVID-19 Self-Assessment at [811.novascotia.ca](https://www.novascotia.ca) or call 811 to speak with a nurse.**

# Information About Testing for COVID-19

## Getting Your Test Results



Results are typically delivered within 72 hours of testing.

There are two ways you may receive your COVID-19 test results:

#1

### PHONE

**BOTH** positive and negative results

Calls from Public Health may display as an unknown number.

Please answer your phone and check messages.

Health staff will give your results – positive or negative.

**Based on your result, you will get some information on what to do next.**

Updated Dec. 7, 2020

#2

### EMAIL

**ONLY** negative results

Negative test results can be delivered by email.



**This is for people who have a Nova Scotia Health Card.**

If you provided an email and you test negative for COVID-19, you will receive an email in most cases.

**PLEASE OPEN THE EMAIL and enter the last four digits of your health card number to view your result.**



### Self-isolation after COVID-19 testing

Self-isolation is a highly effective way to help contain diseases.

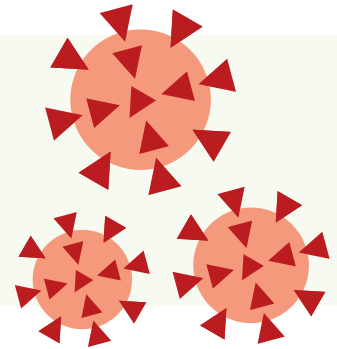
While waiting for your results from Public Health, please self-isolate.



Information About Testing for COVID-19

This chart will give you an idea of what to expect when you get your test results.

Directions may vary slightly for each person, based on their personal situation.



Why you were tested	Test result	What's next
You had <b>NO</b> symptoms and got tested during a testing initiative.	<b>NEGATIVE &gt;</b>	<b>Follow current advice</b> on social distancing, mask wearing and hand hygiene.
You had <b>NO</b> symptoms and got tested because you were at a potential exposure location named in a Public Health PSA.	<b>NEGATIVE &gt;</b>	<b>Follow current advice</b> on social distancing, mask wearing and hand hygiene.
You travelled outside of Atlantic Canada.	<b>NEGATIVE &gt;</b>	<b>Continue to self-isolate</b> , with everyone in the home where you are self-isolating, until 14 days from your return date.
You have <b>NO</b> symptoms and are a rotational worker coming home from your worksite outside of Atlantic Canada.	<b>NEGATIVE &gt;</b>	<b>You must complete 14 days of modified self-isolation</b> , even with a negative test result.
You had contact with someone who tested positive.	<b>NEGATIVE &gt;</b>	<b>Continue to self-isolate</b> until 14 days after your last contact with that person. Monitor your symptoms. Follow advice from Public Health.
You had symptoms, but now feel fine.	<b>NEGATIVE &gt;</b>	<b>Follow current advice</b> on social distancing, mask wearing and hand hygiene.
You had symptoms, and still have symptoms.	<b>NEGATIVE &gt;</b>	<b>Continue to stay home to prevent spread of other viruses.</b> Return to activities outside the home when feeling better with no fever and no symptoms or only mild lingering symptoms for 24 hours. Seek medical attention if needed. Consult 811 if symptoms continue.
You are a Nova Scotia Health or IWK health care worker.	<b>NEGATIVE &gt;</b>	<b>Contact occupational health</b> at Nova Scotia Health or IWK to determine return to work.
You are a health care worker but <b>DO NOT</b> work for Nova Scotia Health or IWK.	<b>NEGATIVE &gt;</b>	<b>Contact your employer.</b>
Have been diagnosed with COVID-19 (except admitted patients).	<b>POSITIVE &gt;</b>	<b>Continue to isolate until you are recovered.*</b> This is determined by follow-up with Public Health.
You are a Nova Scotia Health or IWK health care worker.	<b>POSITIVE &gt;</b>	<b>Contact occupational health</b> at Nova Scotia Health or IWK to determine return to work.
You are a health care worker but <b>DO NOT</b> work for Nova Scotia Health or IWK.	<b>POSITIVE &gt;</b>	<b>Continue to isolate until you are recovered.*</b> This is determined by follow-up with Public Health.

Updated Dec. 7, 2020



**Recovered.** How Public Health defines it for people placed on home isolation.

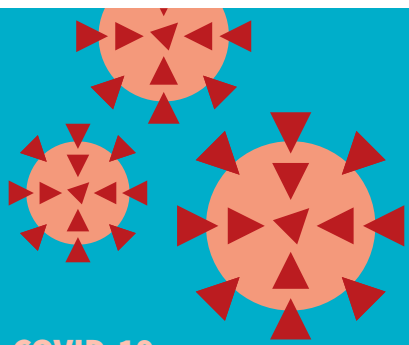


Most people who **feel better** are able to **STOP** home isolation due to COVID-19:

- at least **10 days** after their first symptom
- **AND** they **DO NOT** have a fever

Public Health advises each person.

These criteria **DO NOT** apply to hospitalized patients.



## COVID-19 Contact Tracing: Preventing Spread

**CONTACT TRACING** is a process used to identify and monitor people who have had close contact with someone known to be infected with COVID-19.

These people have a higher risk of becoming infected too, and spreading the virus to others.

**CONTACT TRACING** helps people understand their risk and limit further spread of the virus through self-isolation for **close contacts**.

### PREVENTION:

#### Clean Your Hands

Wash hands for 20–30 seconds with soap and water, or rub hands with alcohol-based sanitizer.

Cough or sneeze into a tissue, elbow, or wear a protective mask. Avoid touching your face.

### TAKING CARE:

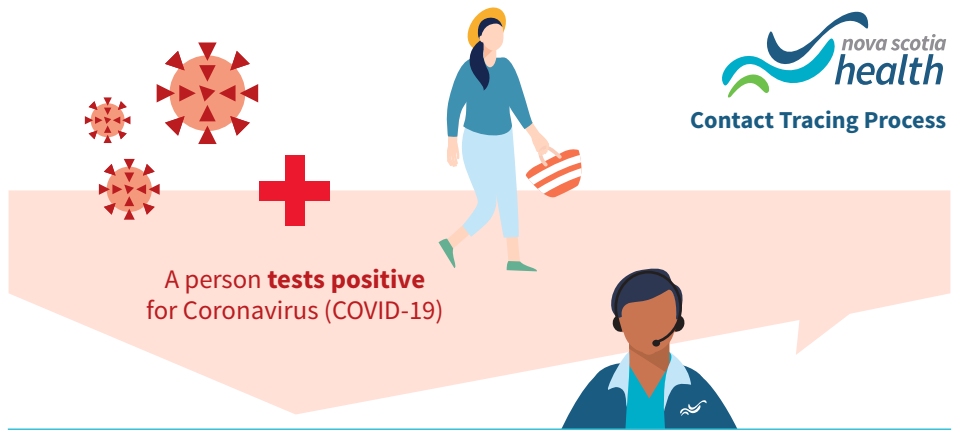
#### Look Out For Each Other

Keep in touch by phone, video, or social media — Is everyone okay? Do they need anything? Are they coping? — For some people, you may be the **ONLY** person they can depend on.



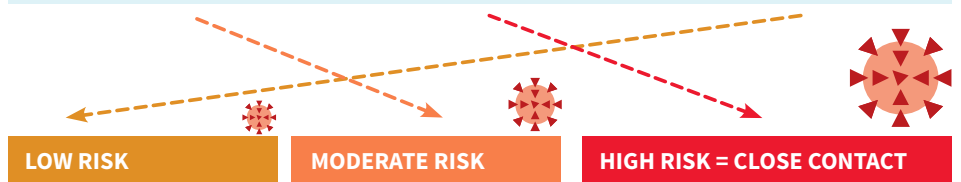
Do you need anything?

Are you okay?



A **Public Health nurse** contacts the person to identify anyone who they had contact with beginning 48-hours before symptom onset or 48-hours before test was taken if person had no symptoms.

Assessment of each person is done. Each assessment is then sorted into a risk category.



#### LOW RISK

**Low Risk Contact is a Person Who Has:**

- Had simple interactions like walking by a person, being in the same room for a brief time, or stayed far apart.

**Actions:**

- No extra measures are required.

#### MODERATE RISK

**Moderate Risk Contact is a Person Who Has:**

- Been caring for a person using appropriate precautions.
- Spent time with a person, but not within two metres.

**Actions:**

- Monitor for 14 days.
- Avoid close contact with anyone at higher risk.
- Complete a COVID-19 Self-Assessment at [811.novascotia.ca](http://811.novascotia.ca) or call 811 to speak with a nurse if you develop symptoms.

#### HIGH RISK = CLOSE CONTACT

**High Risk Contact is a Person Who Has:**

- Had close contact (within 2 metres).
- Been caring for a person without consistent use of precautionary measures.
- Had direct contact with bodily fluids.

**Actions:**

- Isolate for 14 days. Monitor symptoms daily and keep record of temperature.
- Testing is arranged. Follow-up direction is provided.
- Negative test result: continue 14-day isolation if tested because of travel or referred by Public Health;
- Positive test: added as new COVID-19 case. Start **Contact Tracing** process.

COVID-19 INFORMATION:

# How to Self-isolate



**Self-isolation means staying at home and avoiding contact with other people to help prevent the spread of COVID-19.**

If you have travelled for non-essential reasons and arrived in Nova Scotia from outside Atlantic Canada you must self-isolate alone for 14 days, away from friends and family. If you are unable to isolate alone, then everyone in your household must isolate with you for that time period. No one within the household can go to work, school, grocery store or have any visitors for 14 days.



## DO

- **Stay home (you can go on your deck or balcony or in your yard, but you need to avoid contact with other people)**
- **Use a separate bedroom and bathroom, if you can**
- **Have groceries and other supplies delivered**
- **Limit contact with people you live with as much as possible**

## DO NOT



- **Don't have visitors to your home**
- **Don't use public transit or taxis**
- **Don't go to work, school or other public areas**
- **Don't be in any shared spaces with older adults, or with people who have chronic conditions or a compromised immune system**



## You're legally required to self-isolate if:

1. You have been referred by 811, Nova Scotia Health or IWK Health Centre for COVID-19 testing
2. You are waiting for your COVID-19 test results
3. You have tested positive for COVID-19
4. You have been told by Public Health that you may have been exposed and need to self-isolate, even if you have tested negative for COVID-19
5. You have travelled outside Atlantic Canada and are returning to or entering Nova Scotia, even if you don't have symptoms
6. You are living with someone who has returned, or entered Nova Scotia from outside Atlantic Canada, even if you don't have symptoms

Updated Nov. 10, 2020



# Good Hygiene Stops the Spread of Germs

## Good respiratory hygiene



Cough or sneeze into a tissue (or your elbow) to cover your nose and mouth.

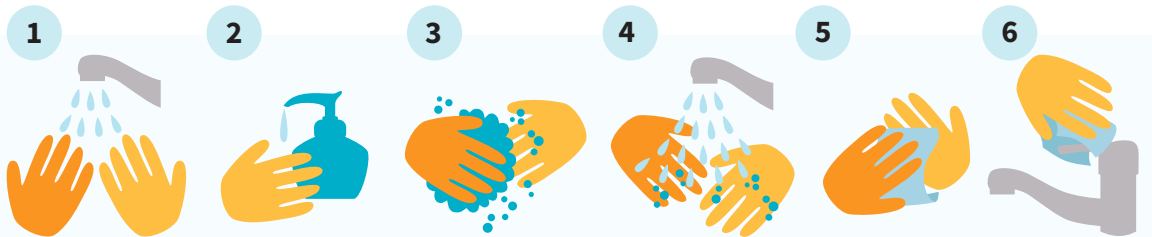


Throw away the used tissue in the garbage.



Clean your hands with soap and water or alcohol-based hand sanitizer.

## How to wash your hands



1. Wet your hands with warm running water.
2. Add soap and scrub for 15-20 seconds.
3. Remember to get every part of both hands.

4. Rinse the soap off under running warm water.
5. Dry your hands with a clean towel.
6. Use the towel to turn off the tap.



**When soap and water are not available, please use alcohol-based hand sanitizer and rub all parts of your hands for at least 15 seconds.**

Updated August 20, 2020

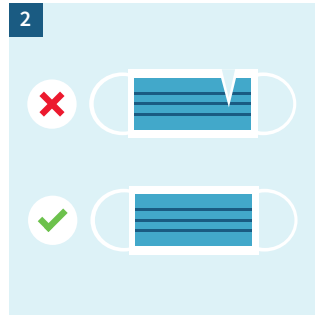




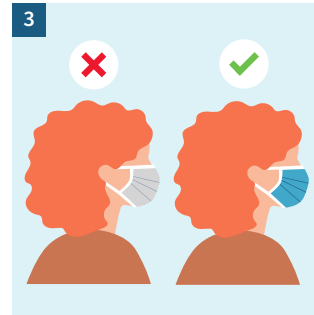
# How to Wear a Protective Face Mask



1 Wash your hands with soap and water for 20-30 seconds, or use alcohol-based hand sanitizer before touching the face mask.



2 Check the new mask to make sure it's not damaged.



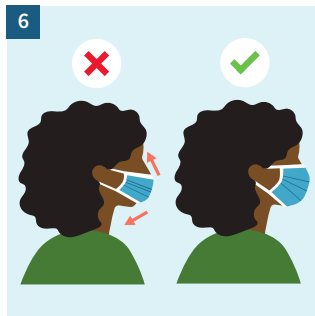
3 Ensure colour side of the mask faces outward.



4 Locate the metallic strip. Place it over and mold it to the nose bridge.



5 Place an ear loop around each ear or tie the top and bottom straps.



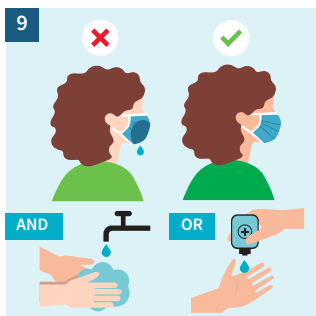
6 Cover mouth and nose fully, making sure there are no gaps. Pull the bottom of the mask to fully open and fit under your chin.



7 Press the metallic strip again to fit the shape of the nose. Wash hands.



8 Do not touch the mask while using it. If you do, wash your hands.

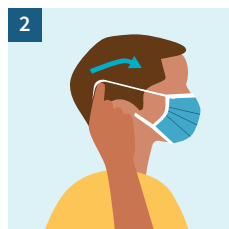


9 After you remove the wet or dirty mask wash your hands. Put the new mask on and wash your hands again. Do not reuse a mask.

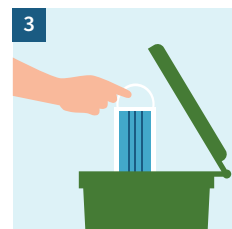
## Removing the Mask



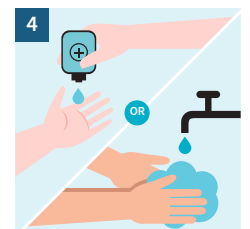
1 Wash hands, or use alcohol-based hand sanitizer.



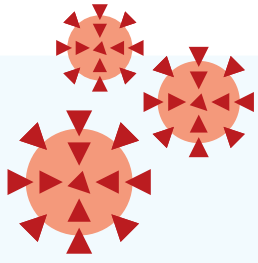
2 Do not touch the front of your mask. Lean forward, gently remove the mask from behind by holding both ear loops or ties.



3 Get rid of the used mask in a waste container.



4 Wash hands, or use alcohol-based hand sanitizer.



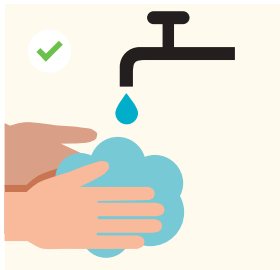
# Cleaning Around Your Home. Protect Yourself.

## Cleaning around your home



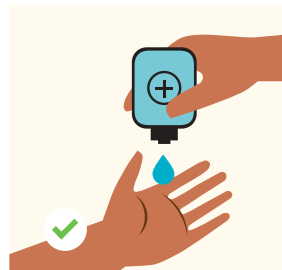
- Keep shared spaces (kitchen and bathroom) clean.
- Open windows to air out rooms.
- Use soap and water to clean dishes and utensils after each use.
- Clean surfaces every day.
- Wipe off your phone.
- Clean door handles, light switches and railings.
- Clean items such as remotes, keyboards and toilet buttons.
- Clean kitchen counters, taps, faucets by using soap and water on paper towel or a rag, then use a disinfectant.
- If you have small children, wash your floors more often.
- **DO NOT** share personal items such as cell phones, toothbrushes, clothes, drinks or food.

## Protect yourself



Wash your hands often with soap and water.

Make it bubble on your hands to wash away germs.



Or you can use alcohol-based sanitizer if you have it.



Cough into your sleeve or tissue and safely throw out the tissue right away.



Do not touch your eyes, mouth or nose.

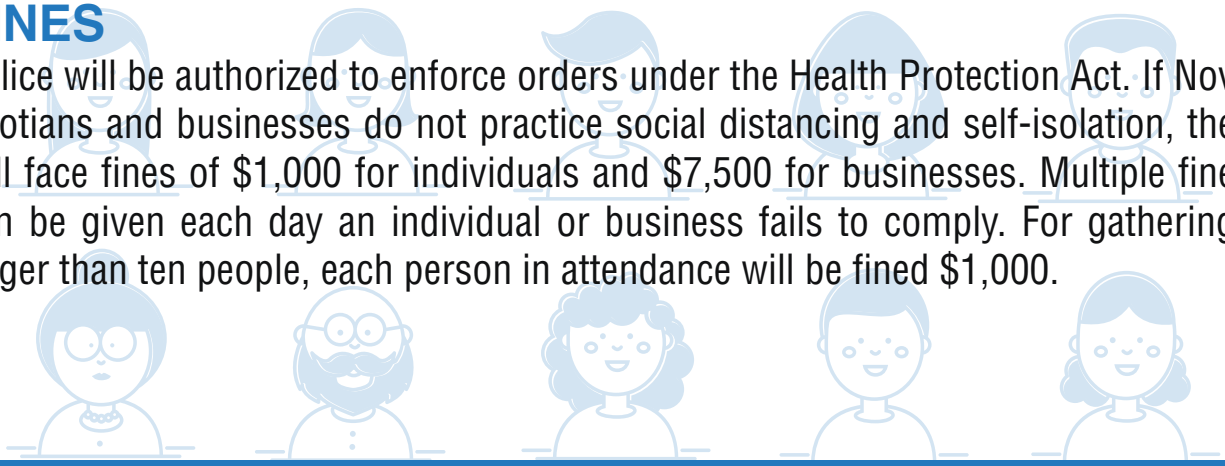
Updated May 25, 2020

# GATHERING LIMITS & FINES

Gathering limits apply to social events, faith gatherings, sports and physical activity, weddings, funerals and arts and culture events like theatre performances, dance recitals, festivals and concerts. Gathering limits also apply to businesses and organizations that run social events, faith gatherings, weddings, funerals, arts and culture events or sports events.

## FINES

Police will be authorized to enforce orders under the Health Protection Act. If Nova Scotians and businesses do not practice social distancing and self-isolation, they will face fines of \$1,000 for individuals and \$7,500 for businesses. Multiple fines can be given each day an individual or business fails to comply. For gatherings larger than ten people, each person in attendance will be fined \$1,000.



# TRANSPORTATION

If you need to arrange transportation, schedule your test by phone.

If you need assistance for transportation to your Covid-19 testing appointment, please call:

**1-844-996-0694**

*to book your appointment and to arrange help with transportation.*





*Membertou*  
WELCOMING THE WORLD

**NAQA'SI**  
**STOP**  
**FAMILY**

**WASH HANDS**  
**PRIOR TO ENTRY AND EXIT**

- **IF YOU ARE SICK, PLEASE DO NOT ENTER**
- **WASH HANDS IMMEDIATELY FOR 30 SECONDS**
- **AVOID TOUCHING SURFACES IN HOUSEHOLD PRIOR TO HAND WASHING**
- **DISINFECT DOOR KNOB IF POSSIBLE**
- **AVOID TOUCHING FACE AT ALL TIMES**