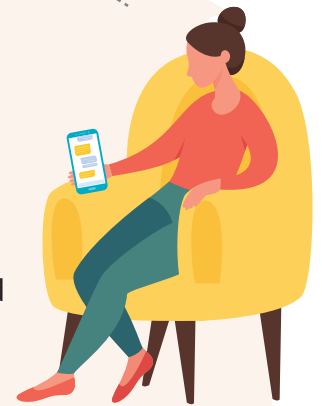


## COVID-19 INFORMATION:

# 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 travelled for non-essential reasons outside Nova Scotia, PEI or Newfoundland and Labrador you must self-isolate alone for 14 days, away from friends and family, when you return. 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

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



## You are legally required to self-isolate if:

1. You have been advised by 811 or Public Health to self-isolate
2. You have symptoms and 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 Nova Scotia, PEI or Newfoundland and Labrador 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 Nova Scotia, PEI or Newfoundland and Labrador, even if you do not have symptoms