

COVID-19 Daily Checklist

It is important to closely monitor your health and the health of those you care for to help prevent the spread of COVID-19 and other illnesses like the flu.

Vaccination is your best defense against COVID-19 and some other illnesses like the flu.

1 Do you feel sick?

If yes, stay home or put a mask on right away and go home. Keep doing healthy habits like washing your hands and coughing or sneezing into your elbow. Avoid school, work, child care settings and public spaces. Do not return until you feel better (without fever medications) for at least 24 hours. It's ok if you still have a mild cough or runny nose, unless you are in one of the situations below.

2 In the past 48 hours, have you had, or are you currently experiencing:



Cough (new or worsening)

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



Fever
(i.e. chills/sweats)



Sore
throat



Runny nose/
nasal congestion



Headache



Shortness of breath

If yes, go home or stay home as noted above. Book a [COVID-19 test online](#). If you are unable to book a test online, call 811. You are required to self-isolate while awaiting your test result. If you test positive, follow public health instructions.

3 Have you visited a COVID-19 exposure site?

Check the list of [COVID-19 exposure sites](#) and follow Public Health instructions. You may need to be tested. You may also need to self-isolate.

4 Have you been outside Nova Scotia in the past 14 days?

If yes, check if you are required to [isolate due to travel](#).

5 Has Public Health told you that you are a close contact of a COVID-19 case?

If yes, follow Public Health instructions. You may need to be tested. You may also need to self-isolate.