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**.
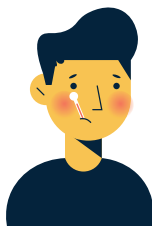
1   **Are you feeling unwell or do you have new or worsening health symptoms?**
If yes, stay home and avoid public spaces, including work, school/child care, and shopping.

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);
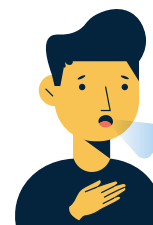
Sore throat   Runny nose/nasal congestion   Headache   Shortness of breath

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 from anywhere except Prince Edward Island?**
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.

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