

How to self-isolate

Self-isolation means staying home and avoiding contact with other people to help prevent the spread of the virus.

You are required to self-isolate if:

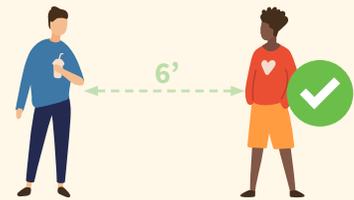
- You have symptoms.
- You have tested positive for COVID-19.
- You have been advised by Public Health to self-isolate.



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
- Monitor for symptoms of COVID-19. If you develop symptoms, take a **COVID-19 test**, either rapid or PCR (if eligible). You may leave isolation to get tested. **Do not take public transit**
- You may leave your home for one hour per day for outdoor exercise within walking/running distance of your home or place where you are isolating. If you are going outdoors, for this one-hour period, you are not permitted to enter indoor public or private spaces (except to access urgent medical care or COVID-19 testing). **You must maintain 2 metres of physical distance from others. If not possible to distance, you must wear a mask.**



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



More information on self-isolation is available at novascotia.ca/coronavirus/symptoms-and-testing/#self-isolate

If you or your household members are experiencing stress related to COVID-19 and need further support, call the Mental Health Crisis Line - **1-888-429-8167**.