



## You are required to self-isolate if:

- You have been advised by 811 or Public Health to self-isolate.
- You have symptoms and are waiting for your COVID-19 test results.
- You have tested positive for COVID-19.
- 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.
- You have travelled outside Nova Scotia and are not fully vaccinated.

**More information on self-isolation is available at [novascotia.ca/coronavirus/symptoms-and-testing/#self-isolate](https://novascotia.ca/coronavirus/symptoms-and-testing/#self-isolate).**

Updated Oct. 18, 2021

## COVID-19 INFORMATION

# How to self-isolate

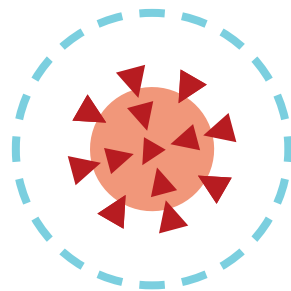
Self-isolation means staying home and avoiding contact with other people to help prevent the spread of the virus.

### 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, book another COVID-19 test. You may leave isolation to get tested. **Do not take public transit.**

### 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



**If you have or develop symptoms of COVID-19 while in self-isolation,** you must continue to self-isolate and get retested immediately. Keep following your isolation **guidelines** for when you can stop isolating.

**If you do not have symptoms of COVID-19 while in self-isolation,** you may leave your home for one outdoor outing per day for exercise during your self-isolation period.\* This outing must be within walking/running distance of your home, for a maximum of one hour. If you are going outdoors, you must follow the **guidelines** linked here. This includes keeping your distance from other people. *\*This does not apply to international travellers.* You are only able to leave isolation to be tested at a COVID-19 Testing Centre.

**Important Note:** Regardless of vaccination status, household members of an individual who is self-isolating do not have to isolate as long as the individual can maintain separation away from the rest of the household. If this cannot be achieved, the entire household must isolate.



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

