

IMPORTANT COVID-19 INFORMATION

How to Self-Isolate After Discharge for COVID-19

Taking Care at Home

You are required to self-isolate once you arrive home from the hospital until you are no longer considered infectious.

For details on when you are no longer considered infectious, along with helpful links and resources for people who tested positive for COVID-19, please visit: nshealth.ca/testedpositiveforcovid.

Getting Home from the Hospital

- Arrange transportation with a friend or family member.
- **Do not** use public transportation to return home.
- Physically distance from the driver as much as possible (i.e. sitting opposite the driver in the back seat, allow airflow by rolling down windows)
- **Do not** make any stops on your way home, not even for necessary supplies or prescriptions.
- Wear your mask until you are safely home.

How to Self-Isolate at Home

What to do:

- Stay home (you can go on your deck, balcony or in your yard but you need to avoid contact with other people).
- If in a shared home, isolate in a bedroom if possible and avoid using common areas such as the kitchen.
- Use a separate bathroom, if possible. If sharing a bathroom, sanitize after each use.
- Arrange contactless delivery of groceries, supplies, medications and any required medical equipment.

What not to do:

- **Do not** have visitors to your home.
- **Do not** use public transit or taxis.
- **Do not** go to work, school or other public areas.
- **Avoid** sharing spaces, if possible especially if you live with someone at greater risk for severe disease.



Get medical care if you experience:

difficulty breathing
(new or getting worse)

•
chest pain
(new or getting worse)

•
confusion or loss of consciousness

•
elevated temperature with chills



IMPORTANT:

If you call 911 or go to the hospital for any reason, you must identify your COVID-19 status.

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