

# COVID-19 Daily Checklist

Please consider these questions for yourself and those you care for each day before leaving home.

All Nova Scotians are strongly encouraged to seek COVID-19 testing even if they don't have symptoms, particularly if they have a large number of close contacts. To book a COVID-19 test, visit <https://covid-self-assessment.novascotia.ca/>. If you are unable to access the online tool, call 811. Stay informed. For the most recent information, changes and restrictions, visit [novascotia.ca/coronavirus](https://novascotia.ca/coronavirus).

1

## Are you feeling unwell or do you have new or worsening health symptoms?

If yes, stay home or go home immediately and avoid public spaces including work, school/child care, and shopping. **It is strongly encouraged that you seek COVID-19 testing, even if you only have one mild symptom.** You are only required to self-isolate while awaiting your test result if you answer YES to question 2 or have been directed by Public Health.

2

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



Fever (i.e. chills/sweats) **OR** Cough (new or worsening)

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



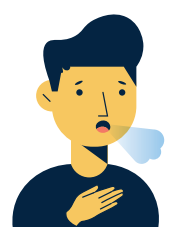
Sore throat



Runny nose/nasal congestion



Headache



Shortness of breath

If yes, book a COVID-19 test. **You are required to self-isolate until the result is available.**

3

## In the last 14 days, have you or anyone in your household returned from travel outside Nova Scotia, Prince Edward Island and Newfoundland and Labrador?

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 are required to self-isolate. 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.

5

## Have you tested positive for COVID-19?

If yes, you are required to self-isolate. Please follow instructions given by Public Health.