

# 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).

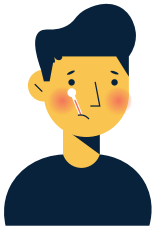
1

## 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 and your household are required to isolate while awaiting your test result.

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

## Are you or anyone in your household currently required to self-isolate due to travel?

If yes, and the travel is not essential, everyone in your home is required to self-isolate for 14 days. For more information on isolation requirements, essential travel, and testing, 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.