INFORMATION ON HOW TO SELF-ISOLATE
If you are returning from travel outside Nova Scotia, you are directed to self-isolate for 14 days.

THIS MEANS:

• go directly home; avoid work, school or other public areas
• limit contact with people you live with, if you have symptoms
• use a separate bedroom and bathroom, if possible, if you have symptoms
• take and record your temperature daily and avoid fever reducing medications (e.g., acetaminophen, ibuprofen)
• call 811 if you have a fever above 38°C, cough and/or difficulty breathing
• make plans to have groceries and other supplies delivered
• avoid anyone with chronic conditions, compromised immune system or older adults
• do not have visitors to your home
• do not use public transit/taxi

IN YOUR HOME:

• keep shared spaces (e.g. kitchens, bathrooms) clean and well ventilated
• use soap and water to clean dishes and utensils after each use
• clean door handles, light switches, railings, remotes, and other high-touch areas daily
• clean your home and household items with store bought disinfectant or diluted bleach (one part bleach to nine parts water)
• wash clothes, and linens using regular laundry soap and water (60-90°C).
• do not share personal items (toothbrushes, clothing, towels, drinks, etc.)
• if available, use disposable gloves and protective clothing (e.g. plastic aprons) when cleaning anything soiled with bodily fluids

PROTECT YOURSELF

• wash your hands with soap and water regularly or use hand sanitizer
• cough into your sleeve or tissue and discard immediately
• do not touch your eyes, nose or mouth

novascotia.ca/coronavirus