

# Advice for Hunters During COVID-19

Nova Scotians need to follow public health measures to help prevent the spread of COVID-19. This means limiting contact with other people and staying 2 metres (6 feet) away from others, adhering to group gathering limits and washing your hands often. Wearing a mask is recommended if you are hunting with someone from outside your household or when a safe physical distance can't be maintained.

This information is provided as general guidance and is considered accurate as of June 2021. Changes to public health restrictions continue to evolve. Stay informed by visiting [novascotia.ca/coronavirus/](https://novascotia.ca/coronavirus/) for the most up to date public health information before you begin your hunt.

## Protect yourself and others

- stay at home when symptomatic or ill
- stay informed, be prepared and follow public health advice
- practice proper hand hygiene and cough/sneeze etiquette
- practice physical distancing of 2 metres (6 feet)
- avoid touching your face, mouth, nose and eyes
- follow gathering limits
- make informed choices about who and how to interact with each other (consider age, occupation and health conditions)
- clean and disinfect high-touch surfaces frequently
- don't share food or drinks
- try to avoid shared sleeping quarters. If this is not possible, use dividers between individual sleeping spaces or sleep head-to-toe

## **Keep your hands clean**

Wash or sanitize hands often, particularly:

- before and after preparing or eating food
- after touching animals
- after handling waste or using the bathroom
- whenever your hands look dirty

Washing your hands with soap and water is best. Rubbing your hands together when you wash them removes visible dirt and germs. Disposable paper towels are best for drying your hands if you have some. If not, use a reusable towel that gets washed often.

If soap and water aren't available, and your hands aren't visibly dirty, use an alcohol-based hand sanitizer with at least 60% alcohol. Use enough to cover the fronts and backs of both hands and between all your fingers. Rub your hands together until they feel dry.

## **Cough and sneeze etiquette**

Cover coughs and sneezes with a tissue. Throw the used tissue in the garbage and wash your hands or use an alcohol-based hand rub immediately.

If you don't have a tissue, cough and sneeze into your elbow, not your hand.

Avoid touching your eyes, nose and mouth. If you need to touch your face, wash your hands first.

## **Wearing a non-medical mask**

When worn properly, non-medical masks can reduce the risk of transmitting the virus in the same way that following cough and sneeze etiquette can protect others.

You should consider wearing a non-medical mask when you're in places where it's hard to maintain social distancing.

# PROPER HAND WASHING

Washing your hands frequently with soap and water is the best way to reduce the spread of germs.



1  
Wet your hands with warm running water



2  
Add soap and scrub for 15–20 seconds



3  
Wash backs, thumbs, between fingers, and under nails



4  
Rinse off soap under running water



5  
Dry your hands with a clean towel



6  
Turn off tap with a towel

When soap and water are not available, alcohol-based hand sanitizers can be used if hands are not visibly soiled.