



Staying Healthy: Preparation

There are currently no vaccines available to protect you against COVID-19. But there are things you can do to reduce your risk of getting sick or getting other people sick.

To stop the spread of COVID-19, you must follow all public health orders, including social distancing.

Being prepared for emergencies

- All Nova Scotians should have an emergency kit and basic supplies that you and your household may need for up to 72 hours. Don't panic buy or stockpile.
- Make sure your prescriptions are filled.
- Think about what you'll do if you or someone you live with gets sick and needs care.
- Talk to your employer about working from home if you need to self-isolate or take care of a sick family member.
- Talk to family and friend. Share your emergency plan with them. Check in on each other and run essential errands for each other if one of you gets sick.
- If you get sick, stay home until you have no symptoms.

Shop safely

- If you can, choose 1 person from your household to do all your shopping.
- Try to minimize the amount of time you spend in a store. If you can, order the groceries and other supplies by phone or online and pick them up curbside at the store.
- If you must go into a store to shop, always practise social distancing.
- Make a list ahead of time.
- Try to visit the store when it's not too busy. Some stores are reserving special hours for seniors and people who may be immunocompromised.
- Clean your hands with hand sanitizer after shopping. Wash them with soap and water as soon as you get home.