

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