

# COVID-19 Daily Checklist

Please consider these questions for yourself and those you care for each day before leaving home.

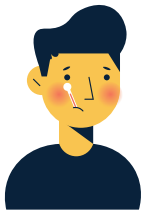
All Nova Scotians are strongly encouraged to seek COVID-19 testing even if they don't have symptoms, particularly if they have a large number of close contacts. To book a COVID-19 test, visit <https://covid-self-assessment.novascotia.ca/>. If you are unable to access the online tool, call 811. Stay informed. For the most recent information, changes and restrictions, visit [novascotia.ca/coronavirus](https://novascotia.ca/coronavirus).

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## Are you feeling unwell or do you have new or worsening COVID-19 symptoms?

If yes, stay home or go home immediately and avoid public spaces including work, school/child care, and shopping. **Book a COVID-19 test.** You are required to isolate while awaiting your test result.

Common symptoms of COVID-19 include:



Fever  
(i.e. chills/sweats)



Cough



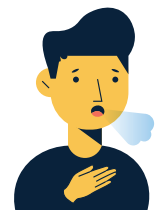
Sore throat



Runny nose/  
nasal congestion



Headache



Shortness of breath

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## Have you visited a COVID-19 exposure site?

Visit <https://www.nshealth.ca/covid-exposures> for a list of COVID-19 exposure sites and public health requirements. You should be tested for COVID-19 and you may also need to isolate. Follow the directions online for isolation requirements.

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## Have you or anyone in your household traveled within the past 14 days or are you entering Nova Scotia from out of province?

If yes, check here: <https://novascotia.ca/coronavirus/travel/> to see if you are required to isolate due to travel and to determine what your isolation requirements are.

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## 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 may be 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.

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## Have you tested positive for COVID-19?

If yes, you are required to self-isolate. Please follow instructions given by Public Health.

*Last updated July 6, 2021*