

# 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 and your family 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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## Are you or anyone in your household currently required to self-isolate due to travel?

If yes, and the travel is not essential, everyone in your home is required to self-isolate for 14 days. For more information on isolation requirements, essential travel, and testing, visit <https://novascotia.ca/coronavirus/symptoms-and-testing/#self-isolate>.

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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 are 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 May 19, 2021