

How to Self-Isolate for 14 days

To self-isolate



- Go directly home.
- Stay home on your own property for 14 days.
- Do not take a bus or taxi.
- Do not have visitors to your home.
- Limit contact with people you live with.
- Use a separate bedroom and bathroom, if you can.
- Make plans to have groceries and other supplies delivered.
- Take your temperature each day – and write it down.
- Do not take medicines that lower a fever, like acetaminophen and ibuprofen.
- Look out for symptoms – a fever, a new cough, a cough that gets worse, a sore throat, a runny nose, or a headache.

In your home

- Keep shared spaces clean – like kitchens and bathrooms.
- Let in as much fresh air as you can.
- Use soap and water to clean dishes after each use.
- Clean high-touch areas each day – door handles, light switches, railings, remotes.
- Clean your home with store bought disinfectant or diluted bleach – use 1 part bleach to 9 parts water.
- Wash clothes and linens using laundry soap and hot water.
- Do not share toothbrushes, clothing, towels, or drinks.
- If cleaning up pee, poop, blood, or vomit, use disposable gloves and plastic aprons, if you have them.



If you have symptoms

- Visit 811.novascotia.ca to find out if you need to call 811.
- Symptoms include any two of the following:
 - fever
 - new or worsening cough
 - sore throat
 - runny nose
 - headache



Protect Yourself

- Wash your hands with soap and water often or use hand sanitizer.
- Cough into your sleeve or a tissue – throw out the tissue after one use.
- Do not touch your eyes, nose, or mouth.