

# COVID-19 Daily Checklist

It is important to closely monitor your health and the health of those you care for. Please consider these questions for yourself and those you care for each day before leaving home.

1

**In the past 48 hours, have you had, or are you currently experiencing:**



Cough (new or worsening)

**OR** two or more of the following symptoms (new or worsening);



Fever  
(i.e. chills/sweats)



Sore  
throat



Runny nose/  
nasal congestion



Headache



Shortness of breath

If yes, stay home or go home immediately and avoid public spaces including work, school/child care, and shopping. Book a COVID-19 test. To book a COVID-19 test, visit <https://covid-self-assessment.novascotia.ca/>. If you are unable to access the online tool, call 811. You are required to isolate while awaiting your test result.

2

**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.

3

**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.

4

**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.

5

**Have you tested positive for COVID-19?**

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

*Last updated August 25, 2021*