

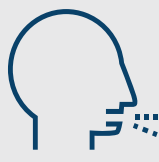
# When and How to Self-Isolate

## Who Needs to Self-Isolate?

- Individuals advised by Public Health, a health-care provider or a peace officer, including confirmed cases of COVID-19 **MUST** self-isolate.
- Individuals who have **TWO OR MORE** of the following symptoms **MUST** self-isolate until they have a negative COVID-19 test result:



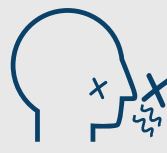
Fever



Cough (or worsening cough)



Diarrhea



Loss of sense of smell and taste



In children, purple markings on the fingers and toes



Runny nose



Sore throat



Headache



Muscle pain



Fatigue/exhaustion

- Individuals who have travelled outside of the Atlantic bubble in the past 14 days who are not exempt from self-isolation **MUST** self-isolate for 14 days from the time of arrival in the [Atlantic bubble](#).

## I have not travelled; do I need to Self-Isolate?

- Household members **MUST** also self-isolate if they or the person self-isolating are unable to follow the guidance outlined in this document.
- If someone in a household has travelled outside of the Atlantic bubble for any reason, every household member **MUST** monitor for symptoms for 14 days. If anyone develops symptoms of COVID-19, all household members **MUST** self-isolate and the symptomatic person needs to get tested for COVID-19.

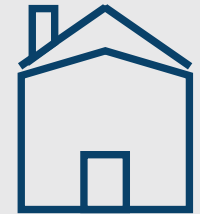
# How to Self-Isolate



Self-isolation means staying at home and avoiding contact with other people to help prevent the spread of disease to others in your home and your community. You must take the following measures.

## Stay home:

- Do not leave your home/property unless to escape danger or to seek emergency medical care.
- Do not go to school, work, etc. You may go outside on your balcony or into your yard.
- You are not permitted to go for walks, except on your own property.
- You are not permitted to go for a drive, even if alone in the car.
- Make arrangements for food and other necessities to be delivered.
- If all guidance in this document is being followed, then household members who are not self-isolating may attend work, early learning and childcare facilities, or school and may pick up essential items, or run essential errands only.



## Limit contact with others:

- Visitors are not permitted, even if outside and maintaining two metre distance.
- Do not use common areas that are shared with other households, for example laundry rooms and outdoor areas in an apartment complex.
- Avoid contact with others living in your household, especially those with chronic health conditions or compromised immune systems and older adults.
- Maintain a two-metre distance from others living in your household. If contact cannot be avoided, keep interactions brief and all individuals must wear a mask that covers the mouth and nose at all times.
- Wear a mask when in common areas of the household.
- Sleep in a separate room.



## Practice good hygiene:

- Keep your hands clean by washing them with soap and water frequently, practicing proper cough/sneeze etiquette and not touching your eyes, nose or mouth. Do not share personal items with household members including hand towels, bed linen, utensils, toothbrushes, and electronic devices.
- Use a separate bathroom if possible.
- Clean and disinfect commonly touched surfaces at least once daily, including light switches, sinks, taps, toilets and door handles, after each use.

