

COVID-19 Daily Checklist

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

If you are feeling sick, you should **stay home or go home immediately, and follow the instructions below.**

1 Are you feeling sick?
If yes, stay home and avoid public spaces, including work, school/child care, and shopping.

2 Do you have any of these symptoms?



Fever
(i.e. chills,
sweats)



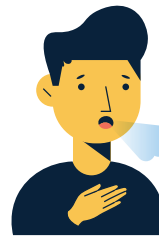
Cough or
worsening of a
previous cough



Sore throat



Headache



Shortness of
breath



Muscle
aches



Sneezing



Nasal congestion/
runny nose



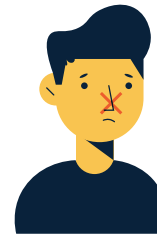
Hoarse voice



Diarrhea



Unusual
fatigue



Loss of sense
of smell or
taste



Red, purple or blueish
lesions (spots) on the
feet, toes or fingers
without clear cause

If yes, stay home and contact 811 to be screened for testing for COVID-19.

3 In the last 14 days, have you travelled outside Atlantic Canada?
If yes, you must stay home. You are required by law to self-isolate for 14 days upon return to Atlantic Canada.

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 must stay home. You are required by law to self-isolate if you have been identified as a close contact of someone with COVID-19. If you haven't spoken with Public Health or been tested, you should contact 811 to be screened for testing for COVID-19.

5 Are you waiting for results from a COVID-19 test?
If yes, stay home. You are required by law to self-isolate while awaiting COVID-19 test results. Please follow instructions given by Public Health.

Revised July 15, 2020