



New self-isolation rules for Nova Scotia:

Are you entering Nova Scotia from outside of Atlantic Canada?



- Most people must self-isolate for 14-days.



- You may self-isolate alone.
- You may self-isolate with someone you travelled with.
- If you must stay with other people, everyone in the household must self-isolate with you.



- During those 14 days, everyone in the household must stay on the property.
- Your whole household must avoid contact with other people.
- You cannot go to work. You cannot go to school.
- You cannot go to the grocery store.
- You cannot go for a walk.

For information visit:

novascotia.ca/coronavirus