

## Novel coronavirus (COVID-19)

Public health officials are working closely with colleagues across the country, and partners here in Nova Scotia, to prepare and respond to the increased likelihood of more COVID-19 infections in Canada.

A new virus that hasn't been seen in humans before, known as "COVID-19", is spreading in areas around the world. The first cases in Canada were reported in late January 2020. As the virus continues to spread globally, it's more likely that we'll see cases in Nova Scotia.

 There have been no confirmed cases of the virus in Nova Scotia at this time. The public will be informed if a case is confirmed.



### [Alerts and notices](#)

Information about closures and restrictions because of the virus.



## [When to seek help](#)

What to do if you think you might have come in contact with COVID-19.



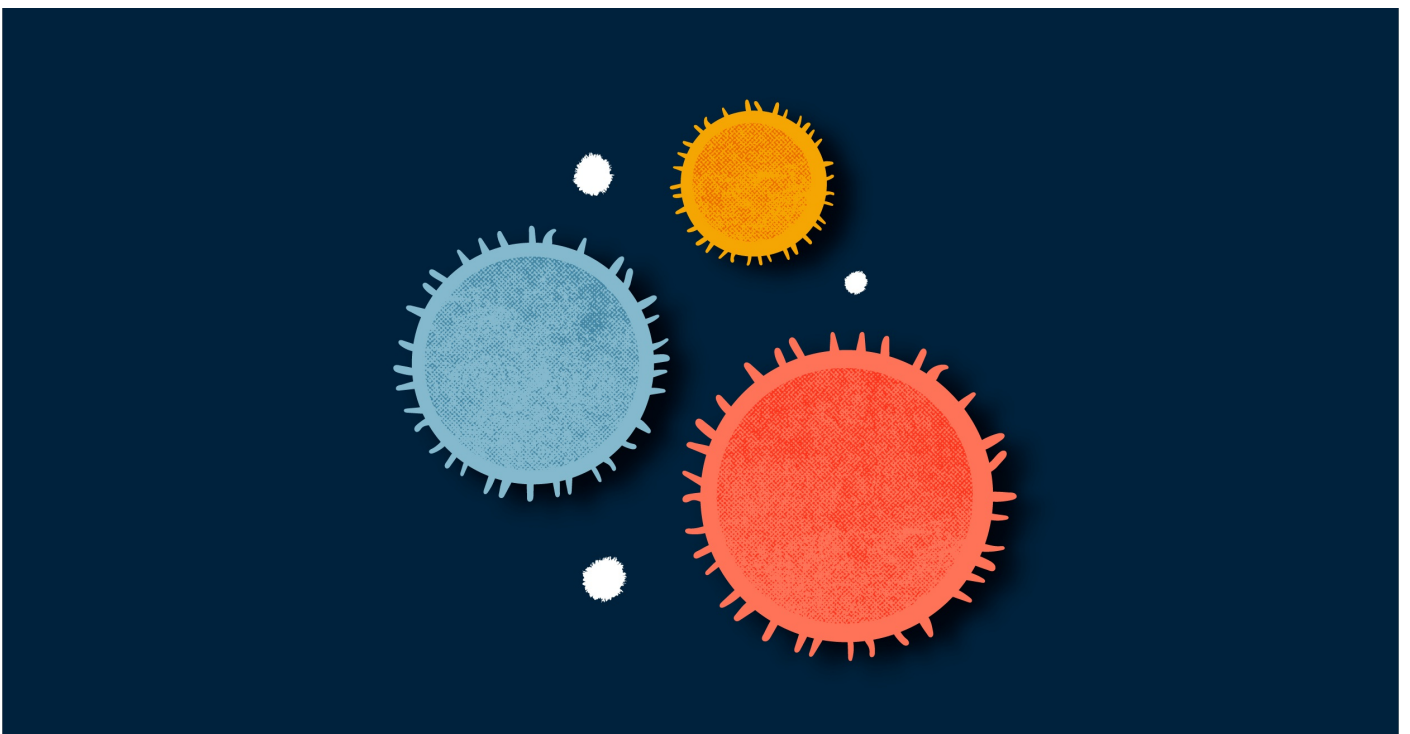
## [Protecting yourself from coronavirus](#)

Advice about prevention and being prepared.



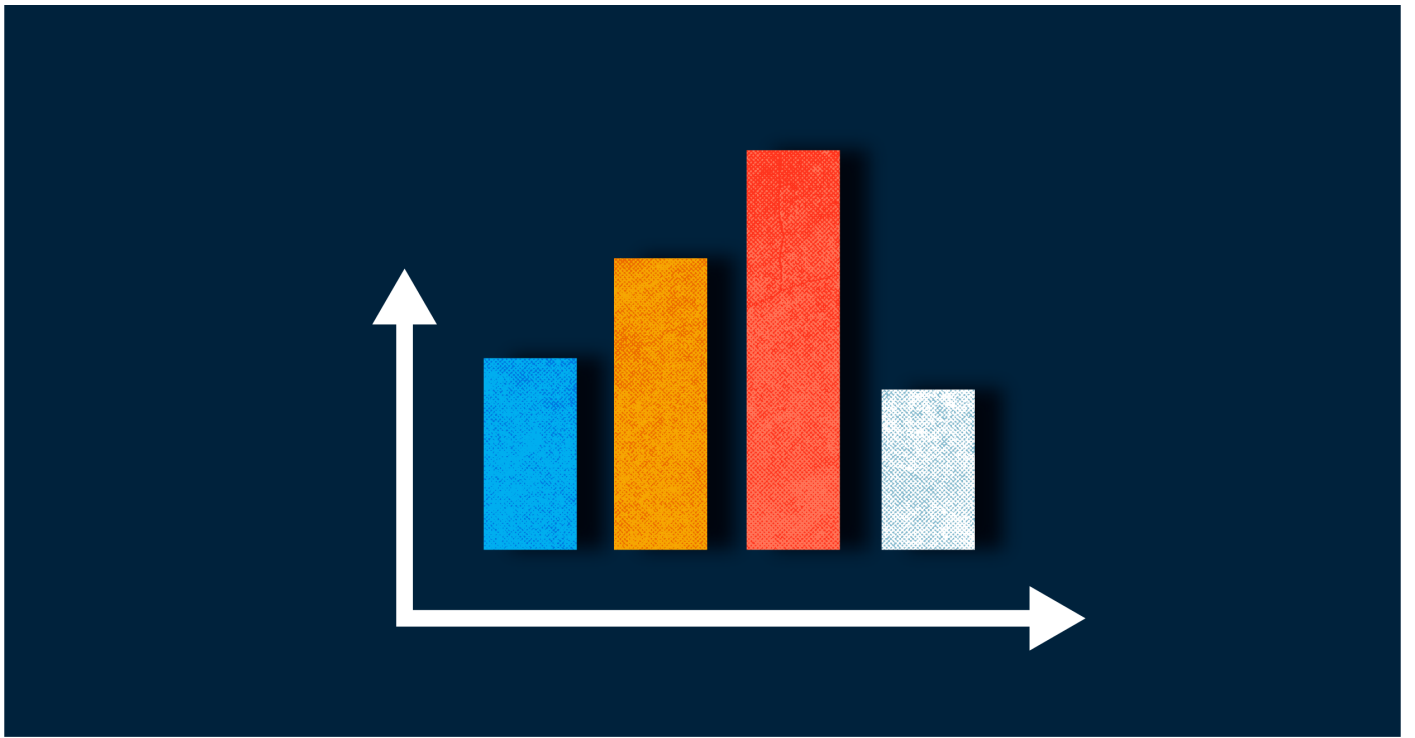
## [Travel advice](#)

What to do if you're planning to travel, or if you've recently returned from another country.



## [Government's response to coronavirus](#)

How our health system is monitoring and preparing for coronavirus cases.



## [COVID-19 testing data](#)

Nova Scotia is testing for COVID-19 and reporting results daily.

### Latest news

- [New Travel Measures for Nova Scotia Public Sector Employees](#)
- [New National Screening Protocols for COVID-19](#)
- [Coronavirus Preparations Well Underway](#)
- [COVID-19 and Discrimination](#)
- [School Organized Trips to International Destinations Cancelled](#)
- [More news releases](#) →

### Stay informed

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 [Latest press conferences \(YouTube\)](#)

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## Alerts and notices

### Travel advisories

The Government of Canada has issued an [official travel advisory](#) asking Canadians to avoid non-essential travel

outside Canada until further notice.

## Self-isolation requirements

Public sector employees who travel outside of Canada, including to the United States, are required to self-isolate for 14 days when they get back to Canada. This includes health care workers, teachers, civil servants and other public sector employees.

Public school students and children who attend regulated childcare centres are required to self-isolate for 14 days if they have travelled outside the country, including to the United States. This rule applies even if their parents or caregivers aren't public sector employees.

## Health care notices

[Nova Scotia Health Authority](#) and the [IWK Health Centre](#) are limiting visitors to prevent the spread of any respiratory illness, including COVID-19.

To help protect older Nova Scotians and those most at risk for severe illness, government is restricting visitors who have travelled outside the country in the last 14 days from entering long-term care homes. As always, don't enter a facility if you're feeling unwell.

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## When to seek help

### Symptoms

Symptoms of novel coronavirus include fever, cough, difficulty breathing, and pneumonia.

The severity can range from mild to severe, and in some cases, infection can lead to death. Current information suggests most people don't experience severe illness or need to be hospitalized.

### What to do if you think you might have come in contact with COVID-19

If you've travelled outside Canada, you may have come in contact with the novel coronavirus. If you start to feel unwell, you should self isolate – this means staying home, away from the public.

Upon returning to Canada, you will be instructed at border entry points and through public messaging to monitor your health for 14 days from the day you entered Canada and minimize your contact with individuals who are at high risk of severe COVID-19 illness.

If you've travelled to Italy, Iran, and Hubei Province in China, you are asked to self-isolate for 14 days from the day you entered Canada.

If you develop a fever, with a temperature 38°C or higher, or a cough, you should call 811 for assessment.

Nova Scotia Health Authority has established [COVID-19 assessment centres](#). If you need in-person assessment, 811 will refer you to a centre. Don't go to a COVID-19 assessment centre unless 811 referred you.

To help you better understand if you need to talk to 811, please review [this simple questionnaire](#).

If you've been directed to self-isolate, you can get information from Nova Scotia Health Authority Public Health by [contacting the nearest office](#).

## If you self-isolate or feel unwell

Avoid close contact with people with chronic conditions, compromised immune systems and older adults.

Don't have visitors to your home.

Avoid situations like social gatherings, work, school, daycare, or visiting other people who are in a health care facility or long-term care residence.

Limit taking public transit, taxis and ride sharing.

Wash your hands often with soap and warm water, for at least 20 seconds. Use hand sanitizer if soap and water are not available.

Cover your mouth and nose with your arm when coughing or sneezing.

The Government of Canada has additional resources about [how to self isolate](#) and [how to care for someone with COVID-19](#).

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## Protecting yourself from coronavirus

There are currently no vaccines available to protect you against the novel coronavirus. Nova Scotians are encouraged to think about what they can do to stay healthy and prevent the spread of any respiratory illness, including COVID-19.

There are [simple, practical things you can do to prepare](#) in case you or someone in your household becomes ill or if COVID-19 becomes common in your community.

### Advice for individuals and families

#### Reducing contact with other people

Government is encouraging individuals, employers and organizations to limit social gatherings to no more than 150 people.

Nova Scotians should think about extra measures they can take to help reduce the spread of COVID-19. Consider things like:

- avoiding close contact with other people – stay about 2 metres (6 feet) apart
- avoiding crowds and gatherings (like parties, weddings, sports events and other group activities)
- shopping and taking public transportation in off-peak hours
- greeting one another with a wave instead of a handshake, hug, or kiss
- staying home if you're sick, especially if you have a fever or a new cough

#### Practise good hand hygiene

Wash or sanitize hands often, particularly:

- before and after preparing or eating food
- after touching pets
- after handling waste, dirty laundry or bathroom use
- whenever hands look dirty
- after shaking hands

Washing with soap and water is preferred – rubbing hands together removes visible dirt and germs. Use disposable paper towels (preferred) for drying hands, or a reusable towel that is laundered often.

If soap and water aren't available (and your hands aren't visibly dirty), use an alcohol-based hand sanitizer with at least 60% alcohol. Use enough to cover the fronts and backs of both hands and between all fingers. Rub hands together until they feel dry.

### **Use cough and sneeze etiquette**

Cover coughs and sneezes with a tissue. Dispose used tissues in the garbage and wash your hands, or use an alcohol-based hand rub immediately after.

If you don't have a tissue, cough and sneeze into your elbow, not your hand.

Avoid touching your eyes, nose, and mouth with unwashed hands.

### **Clean high-touch surfaces and objects often**

Viruses can live on surfaces for several days. Frequent cleaning and disinfecting of high-touch surfaces and objects can reduce germs and prevent infection. You should clean at least once a day, or more if needed.

Clean and disinfect items like doorknobs, light switches, railings, toilets and tabletops daily. Wash with soapy water first. Then disinfect using household cleaning products, following the directions on the label, or a solution of 1 part bleach to 9 parts water.

Disinfect phones, remote controls, computers and other handheld devices with 70% alcohol or wipes.

Wash or launder clothing, sheets and towels on a regular basis.

Dispose of garbage on a regular basis. Wash hands after.

### **Make a plan**

Being prepared is good advice any time.

All Nova Scotians should have an emergency kit and basic supplies that you/your family may need for up to 72 hours. Don't panic buy or stockpile.

Make sure your prescriptions are filled.

Think about what you'll do if you or member of your family becomes sick and needs care.

Talk to your employer about working from home if you need to self-isolate or care for a family member who is ill.

Communicate with family and friends. Let them know you're making a plan. Share yours with them. Check in on each

other and run essential errand should one of you become ill.

If you become ill, stay home until you are no longer showing symptoms.

## Mental well-being

A new virus like COVID-19 can create fear and anxiety. The best ways to address concerns and support each other include:

- listen and provide reassurance – it's normal to have questions
- get information from reliable sources
- address questions and correct misinformation
- watch for discrimination or bullying related to COVID-19
- maintain normal routines and programming as much as possible

For help with mental health concerns, call 811 or the Mental Health Crisis Line toll-free at 1-888-429-8167.

## Advice for employers and community groups

Employers should think about what they can do to help staff stay healthy and prevent spread of any respiratory illness, including COVID-19.

### Support your employees if they need to stay home

Employers are encouraged to take the same approach as the public sector and have their employees self-isolate for 14 days if they've travelled outside Canada. Consider how you can support your employees while they're in self-isolation.

Talk with your employees about flexible hours or alternative work arrangements if they need to stay home. Don't ask them for doctors' notes if they get sick or need to self-isolate.

### Consider limiting events

Businesses and community groups are encouraged to limit events and social gatherings to no more than 150 people. This could include events like weddings, religious services, movie screenings and concerts. This will help protect vulnerable Nova Scotians who are at risk for serious illness.

### Other steps businesses and community groups can take

As well as following the advice for individuals, businesses and community groups should:

- make sure you have a business continuity or emergency plan in place
- think about what you'll do if several of your employees get sick
- post handwashing signs and provide alcohol-based hand rub to encourage frequent hand hygiene
- make sure spaces and surfaces are cleaned
- remove non-essential items like magazines, stuffed toys, and other items that can't be easily cleaned from reception areas

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## Travel advice

The Government of Canada has issued an [official travel advisory](#) asking Canadians to avoid non-essential travel



outside Canada until further notice.

Anyone who travels outside Canada may come in contact with the novel coronavirus. Travellers are reminded to follow health precautions like washing their hands often, avoiding contact with persons who are sick, and practicing proper cough and sneeze etiquette.

If you or a family member chooses to travel outside Canada with these restrictions in place, please consider if:

- the Government of Canada has issued a [travel health notice](#) for the country or region you plan to visit
- you or a family member have a compromised immune system
- you have, or can get, appropriate travel insurance in case you become sick while away

The Public Health Agency of Canada is recommending that [Canadians avoid all cruise ship travel](#) due to COVID-19 because the virus can spread quickly on ships due to the close contact between passengers.

Anyone who has travelled internationally should closely monitor their health for 14 days after returning to Canada.

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## Government's response to coronavirus

Nova Scotia's health care system is actively monitoring and detecting potential cases of novel coronavirus. This work includes:

- establishing a patient screening process for use by all front-line health care workers
- monitoring hospitals for potential cases
- applying effective public health and infection control measures
- communicating directly with community organizations and universities
- sharing accurate, up-to-date information with our partners and Nova Scotians

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## COVID-19 testing data

Nova Scotia is testing for COVID-19. Updated 14 March 2020.

Negative	310
Positive	0

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### Related information

- [2019 Novel Coronavirus infection](#)

- [Symptoms and treatment](#)
- [Latest travel advice](#)

## Downloads

Printable information and posters

- [Government of Canada resources](#)
- [Proper hand washing poster \(PDF 185Kb\)](#)
- [Employers and community groups factsheet \(PDF 194Kb\)](#)
- [Individuals and families \(PDF 193Kb\)](#)

## Contact

Government of Canada novel coronavirus information line

Toll free: [1-833-784-4397](tel:1-833-784-4397)

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