



COVID-19  
RETURN TO EQUESTRIAN ACTIVITY RESOURCE GUIDE

Effective March 2021

Subject to change

NS Public Health Guidelines and Safe Sport Principles must be followed at all times and take precedence over anything found in this document



**Covid-19 Return to Equestrian Activity**  
**Memorandum to Members**

March 2021

As we enter year-2 of the Covid-19 Pandemic, we continue to provide advice and tools to assist you with adhering to the Government of Nova Scotia's Covid-19 guidelines and restrictions as they relate to the initial return or resumption of equestrian activity after a full closure mandate by the provincial government.

Please note that as of this date, sport is approved for competitions. Therefore, some details in this document are superseded by the Return To Competitions Guidelines.

As described, *“These guidelines are meant to support organizations in their return to their sport activities, including, but not limited to, lessons, coaching and organized programs, adhering to the [Nova Scotia Provincial Government coronavirus guidelines](#). The following must be demonstrated in any return to sport plans:*

**Environment**

- *How physical distancing will be maintained before, during, and after activities at the location the activity occurs, following the physical distance guidelines.*
- *How the activity will limit the number of people within a [facility](#).*
- *How the activity will limit the congregation of people in shared areas (i.e: common space where participants are checked-in and out of, washrooms, changing rooms, equipment rooms, etc.).*

**Equipment**

- *How the activity will limit the necessity of shared equipment.*
- *How equipment will be managed and [cleaned](#) with appropriate disinfecting cleaner before and after use.*

**Personal Protective Precautions**

- *How enhanced [cleaning](#) will be managed, including high touch surfaces (i.e: washrooms, chairs, door knobs, etc.)*
- *How participants will be encouraged to practice [good hygiene](#).*
- *How participants will be educated to ensure those who are unwell and [symptomatic](#) do not participate in the activity. Testing information can be found [here](#).*

**Communication**

- *How participants will be informed of the safety precautions that they must follow, implemented by the organization.*
- *How your plan will be communicated to all participants.*
- *If possible, maintaining a participant registry, (names, dates, time, and contact info) to facilitate potential public health contact tracing.*

*In addition to the provincial public health measures, organizations must adhere to any measures implemented by their affiliated National/Provincial Sport Organizations and the facilities in which they operate.” (Gov’t of NS, May 29, 2020 letter sent to all provincial sport organizations via email)*

During this competition season, we will continue to work with Equestrian Canada and other stakeholders to stay abreast with updates and changes due to the pandemic. Everyone plays a role in ensuring that our return is a safe and proactive one. We must follow all government mandates and represent ourselves in an exemplary fashion both within and outside of our equestrian community.

The Nova Scotia Equestrian Federation will do its part in communicating this and any future government mandates with regards to return to equestrian activity and competition. This document will hopefully support your state of readiness.

Kindest Regards,  
Heather Myrer, Executive Director



## Resumption of Equestrian Activity & Business Operations Guidelines as of March, 2021

This document is designed in partnership with Equestrian Canada, as a framework for equine and equestrian facilities to develop a return to business operations plan based on protocols provided by the Nova Scotia Department of Health and Wellness. Facilities that develop a plan based on this framework will be prepared to operate within the mandate.

**Please note:** This is not a legal document. Its purpose is to support your efforts in ensuring compliance.

### General Responsibilities

1. Respect the Government of Nova Scotia's mandates for this phase. Above all else, obey the law.
2. Facility/Commercial Liability Insurance coverage is dependent upon following the law.
3. Recognize that equestrian and other early phased-in activities will be under a watchful eye by the NS Health Authorities. A facility may be inspected at any time to ensure compliance.
4. Use social media wisely – ensure that all posts respect social distancing and other cautionary rules.
5. We as a whole will lose this return to equestrian activity privilege if you do not obey the law. Negligent actions will set the equestrian community back.
6. The guidelines in this document are designed to be implemented based on small gatherings (5 or less/10 or less) as decided by the Government of NS Minister of Health.
7. Now is the time to get your facility, athletes and their support personnel prepared.

### Compliance Declaration

All provincial sport and recreation facilities, businesses, community events, etc. will be required to prove their state of readiness. Compliance will be expected and enforced by local health authorities. Completion of the sample Return to Equestrian Activity Facility Compliance checklist found in this document may provide you with assistance in determining compliance. **This is only a sample.** It is the owner/operator's legal responsibility to ensure compliance, based on each phase of the lessening of restrictions as determined by our provincial government.

### Self-Assessment Declaration

1. A self-assessment declaration will be completed upon arrival to the barn by all staff and clients.

### In the Barn

1. Barn surfaces are disinfected between individual use by staff and clients. Soap and disposable towel, hand sanitizer, and disinfectant will be available to everyone in all **common areas**, such as:

- washrooms
- tack rooms
- grooming areas
- water stations, wash stalls
- common equipment storage and feed areas
- Barn/arena entrance and exit door handles
- Office

2. Grooming supplies and tack should not be shared and must be disinfected between usages. Clearly mark your supplies, take to and from barn with you.

3. Equipment surfaces to be disinfected between uses include but not limited to:

- water and feed buckets wheelbarrow/shovel/broom handles
- cross-ties lead ropes
- halters tack (including all tack, boots and bits)
- grooming supplies
- stall area
- barn door handles
- water taps and hoses

4. Signage is to be visibly placed in the barn's common areas and washrooms and must include:

- Hand Washing Poster
- Hand Sanitizer Poster
- Physical Distancing Poster

5. Use approved Covid-19 disinfectant.

## Riding Lessons/Training

1. Teach or allow private, semiprivate or small group lessons based on availability of space, physical distancing logistics and maximum gathering regulations in your jurisdiction, i.e. "Field of Play" guidelines.
2. Group boarders, riders, trainers and coaches so that the groups can be easily managed. In the event of an outbreak, contact trace-back can be easily facilitated and contained.
3. Design lesson programs where students can go one at a time through exercises.
4. Social Distancing will be adhered to at all time (minimum 2 metres/6 feet apart).
5. Community face masks will be recommended **or** mandated as per provincial guidelines.
6. Lessons/training will be held in outdoor arenas or an indoor arena with open doors/windows to allow for a constant flow of fresh outdoor air.
7. When necessary (heightened restrictions in place), one pre-approved support personnel may (screening permitted) accompany an athlete to assist with "before and after" lesson preparation, and must comply with all conditions of barn access.
8. When necessary (heightened restrictions in place), a facility may choose its "return to activity" to independent athletes only - a person capable of preparing the horse for a lesson without additional support. This athlete will handle the preparation process independently in order to maintain social distance.
9. Riding gloves must be made of material that can be washed or disinfected

## Athlete Responsibilities

1. Barn rules regarding Covid-19 compliance must be strictly followed
2. All agreements/athlete expectations set forth prior to lesson/training session must be strictly followed.
3. Horse fitness is paramount. Appropriate exercising/training is expected. Follow your mentor, trainer or coach's directions.
4. Horse care before and after the lesson/training must be performed. Follow your mentor, trainer or coach's directions.

## Safe Sport

1. All efforts should be made to ensure that Open and Observable environments are maintained at all times. Open and observable environments means making meaningful and concerted efforts to avoid situations where a coach, official or other representative might be alone with an athlete and/or vulnerable individual. All interactions between an athlete and an individual who is in a position of trust should normally, and wherever possible, be in an environment or space that is both "open" and "observable" to others.
2. Open and Observable environments also apply to on-line communication. All forms of electronic communication (email, text, Zoom, Skype, etc.) should never be in the form of one-on-one interaction and should always be done in a group setting.
3. Training sessions should include a minimum of 3 people.
4. Adopt NSEF Safe Sport standards found on our website.

## Managing Injuries

1. Create riding schedules for both lessons and boarders (including free rides and hacking).
2. Ensure someone with first aid training is at the facility when clients are riding or participating in lessons.
  - a. Ensure the person trained in first aid is up to date with all COVID-19 related first aid protocols. Discuss with local public health authorities if unsure of these protocols.
3. Set designated barn hours to ensure that nobody is in the barn alone in case there is an emergency or injury situation.
4. Make sure COVID-19 supplies (disposable masks, gloves) are readily available for those assigned first aid duty and that there are extra masks, gloves etc. in case there is an injury. Clearly indicate where these supplies are located in the facility. Designate a disposable area.

## Managing Farm Operations

1. Set up a welcome station outside or just inside the facility entry points with hand wash or sanitizer for all persons to wash or disinfect their hands.
2. When necessary (heightened restrictions in place), maintain physical distance of two meters in all aspects of operations.
3. Minimize additional personnel on-site, limiting access to coaches, staff, grooms, veterinarians, farriers, clients, etc.
4. Restrict external companion animals from visiting the property and visitors from having physical contact with farm livestock and companion animals.
5. Set up a delivery area and process and avoid passing things from person to person (including feed, bedding, supplies, etc.).
6. Leave doors open whenever possible, without compromising horse or human safety.
7. Change clothes, clean and disinfect boots, and wash hands before going to a different farm.
8. Have a conversation with all suppliers including veterinarians and farriers to ensure they are following their organization's protocols, as well as those of your facility.
9. Clean washrooms frequently.
10. Ensure all staff and boarders are aware that horses, tack, equipment and clothing can be vectors of COVID-19.
11. Have sanitation supplies readily available and easily accessible.

## Managing Employees and Staff

1. Consistently schedule and group employees so that in event of an outbreak, contact trace- back can be easily facilitated and contained, and not all essential staff will be impacted.
2. Do not allow anyone who is sick to come to work, visit or to ride their horse until symptoms have dissipated.
3. Ensure one staff member each day:
  - a. Is assigned the duty of overseeing the implementation of any protocols.
  - b. Keeps track of what was cleaned and when.
  - c. Wipes down all commonly touched sites at least daily (multiple times a day is preferable).  
Sites include:
    - i. Doorknobs including bathrooms, horse stalls, tack rooms, wash stalls, hoses, etc.
    - ii. Light switches.
    - iii. Wash rack handles/sprayers.
    - iv. Pitch forks, brooms, shovel handles, wheelbarrows.
    - v. Cross-ties, bathing and grooming equipment (if shared).
    - vi. Shared farm vehicles between uses.
4. Have a checklist and instruction guides in place so everyone knows how the daily care schedule works (i.e. make sure employees can perform any task on the farm in case someone falls ill).
5. Compartmentalize duties.
6. Segregate areas/items (e.g. one person deals with one side of the barn and has his or her own mucking supplies while the other person handles the other side of the barn).
7. Employees must wash hands before eating and eat only in a designated eating area or in their cars. Wear gloves whenever possible. Treat them as if you had bare hands and avoid touching commonly touched sites and your face.
8. Wash riding gloves after each use and have different pairs for different barns.
9. Avoid carpooling unless coming from the same household
10. Consider leaving gates to the front entrance of the barn open. If a keypad is used for access, consider getting a remote control for opening the gates.

## Managing Boarders

1. Implement a boarder schedule that limits the amount of people allowed at the facility at one time for riding or visiting their horses and allows for appropriate physical distancing.
  - a. Consider by appointment only.
  - b. Group boarders, riders, trainers and coaches so that the groups can be easily managed, and, in the event of an outbreak, contact trace-back can be easily facilitated and contained.
2. When necessary (heightened restrictions in place), create temporary spaces for boarders and owners to interact with their horses in controlled and safe outdoor environment (e.g. outdoor grooming stalls, paddocks, tie posts, etc.) and avoid the need to enter spaces with multiple common surfaces such as barn aisles and groomingstalls.
  - a. If outdoor options are not available, boarders must tack horses up in their stalls; shared grooming stalls will not comply with social distancing measures
3. Have boarders, trainers and other third-party farm members (veterinarians, farriers, etc.) take commonly-used equipment (tack, grooming supplies, riding equipment, and miscellaneous equipment) with them to their personal residence or vehicle and only bring out as needed.
4. If it is necessary to keep commonly-used equipment on site, ensure a secure personal storage area is used and disinfected.
5. Install disinfection stations with the appropriate disinfection products on common surfaces. Ask boarders to wipe down common surfaces after use.

## Essential service providers for horses

1. Veterinarian and Farrier appointments should be scheduled during times when gathering numbers are low.
2. Time must be allotted for barn disinfection before and after essential service personnel appointment.

## Visitors

1. When necessary (heightened restrictions in place), only one pre-approved support personnel will be permitted on the premises.
2. With the exception outlined above, no visitors are permitted on the premises.
3. Under no circumstances are pets of any kind permitted on the premises.

## Managing Ships-Ins, Breeding, and Equine Sales Procedures

### Ship-Ins

1. Designate an exclusive ship-in location.
2. Make sure the person transporting in is aware of the facility's COVID-19 protocols in advance.
3. Minimize the amount of people coming with the horse (i.e. just the rider).
4. Develop your own screening process before allowing others to ship in (e.g. travel history in previous weeks, potential contact with COVID-19 infected individuals in the last 14 days).
5. Record entry onto the farm and into buildings. Ensure records identify name of visitor(s), date of visit and time/length of visit.

### Breeding

1. All paperwork should be done electronically.
2. Attendants must wear disposable gloves.
3. Drivers should wait in their vehicles.
4. Non-essential individuals should not be allowed into the facility. This should include attendants bringing mares from other farms.
5. Allow the breeding facility staff to handle the unloading, breeding and loading of the mare.
6. Breeding equipment should be disinfected after each use. All biosecurity practices for equine breeding should be followed.

### Sales

1. Ensure sales are by appointment only; no drop ins.
2. Ensure equipment is wiped down between riders when clients are coming into the barn to try horses.
3. Ensure clients are aware of all COVID-19 related protocols being followed in advance.
  - a. Have someone meet the client out in the parking lot before they enter the facility to ensure all protocols are clear and being followed.
4. Have horse ready for trial so that the client can directly go into arena after disinfecting their hands.
5. Have waivers and COVID-19 self-assessment forms electronically signed before the client comes to the facility.

## Methods of Pathogen Transmission

Pathogens can be transmitted by several routes. However, not all pathogens are transmitted by all routes. Pathogen characteristics, such as the ability to survive in a specific environment, can significantly affect the mode of transmission.

- Direct transmission: Pathogens transmitted between animals through close physical contact.
- Direct contact: Transmission through close physical contact between a susceptible animal and an infected animal, their bodily fluids or tissues.
- Indirect transmission: Some pathogens can be transmitted through an intermediary that has been contaminated and/or infected. This may be an inanimate object (e.g. a bridle, dirty clothing, contaminated feed and/or water) or a live animal (e.g. insect, rodent).

- Indirect contact: Transmission through contact with people (e.g. contaminated clothing, footwear, and/or hands) or with an inanimate object through the shared use of equipment such as needles, syringes, artificial vaginas or dentistry equipment.
- Ingestion: Transmission by consuming feed and water contaminated by pathogens.
- Aerosol transmission: Pathogens can be transmitted short distances by large fluid droplets generated by coughing, sneezing, snorting or whinnying.
- Airborne transmission: By very small particles that can be generated by disturbing contaminated materials.
- Vectors (living organisms): Transmission by a living organism (e.g. people, animals, insects and ticks) infected with or contaminated by pathogens.

## Additional Resources

For information on **Biosecurity best practices**, see the [Equine Biosecurity polices and Best Practices resources](#) provided by our colleagues at the Alberta Equestrian Federation and created with funding provided by the Federal Governments Growing Forward Funding. You will find a simple booklet to create your own Biosecurity Plan, along with other tools and templates. The NSEF highly recommends you have a Biosecurity Plan in place. Covid-19 Posters and Resources can be found on the NSEF Website and Equestrian Canada [Covid-19 Resources](#)

### Contact:

Nova Scotia Equestrian Federation  
5516 Spring Garden Road, Halifax, NS B3J 1G6  
902-425-5450  
[nsef@sportnovascotia.ca](mailto:nsef@sportnovascotia.ca)

## Appendix Section

Return to Equestrian Activity Facility Compliance Document

Sample Facility Staff/Clients Screening Declaration Form and Sign in/out sheet

Sample Handwashing Poster

Sample Hand Sanitizer Poster

Sample Practice Social Distancing Poster

Sample Cleaning and Disinfection Poster

Sample Self-Assessment Poster

[www.horsenovascotia.ca](http://www.horsenovascotia.ca)



(Insert Facility Name Here)

## Return to Equestrian Activity Facility Compliance

<b>Name of Facility</b>
Facility Owner:
Address:
Email:
Phone #:
Date:

<b>General Compliance</b>	<b>Yes</b>	<b>No</b>
I have read and understand the NS Gov't Covid-19 Laws and Restrictions		
I agree to comply with all NS Gov't Covid-19 Compliance Guidelines for Return to Activity		
I have approval from my insurance provider to resume activity		
I understand that it is my responsibility to ensure that my facility users must comply with all Covid-19 guidelines		
I understand that my facility may be closed by the NS Health Authority (or its designate) if we violate any Covid-19 guidelines, laws or restrictions		
<b>Facility Readiness</b>		
All areas have been disinfected, cleaned prior to initial re-opening of my facility		
Washrooms and common areas are supplied with approved cleaning materials		
Stalls and common areas are clearly marked to ensure mandatory social distancing		
Cleaning and disinfecting will be completed before and after all lessons/training sessions		
Entry/Exit area is clearly designated and identifiable to the public		
All posters/signage is visibly placed in common areas and washrooms		
<b>Assessment Readiness</b>		
All staff are monitored and educated on Covid-19 symptoms		
All staff/clients will complete a self-assessment declaration prior to entry of premises		
<b>Client Expectations/Responsibilities</b>		
Every client has been made aware of the facility compliance guidelines		
Every client understands that he/she plays an integral role in following these guidelines		
Every client has agreed to the Self-screening protocols for each visit to my facility		
Every client understands that they will be asked to leave the facility if compliance is not met		
<b>Horse Welfare</b>		
As the welfare of our horses is paramount, it is understood and communicated to all staff and clients that lessons/training will reflect each horse's state of readiness		
Roles have been clearly defined and communicated with regards to horse care		
<b>Essential Personnel</b>		
All necessary protocols are in place to admit essential personnel on the premises		
Unless it is an emergency, no other clients will be on premises at same time as essential personnel		
<b>Additional documentation of protocols that support facility Compliance (list or attach)</b>		

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(Insert Facility Name Here)

## Covid-19 Staff/Clients Screening Declaration

The safety of our clients and staff members is our priority. In accordance with the Nova Scotia Minister of Health, we have met all necessary compliance to operate. To further ensure compliance throughout the coming days, weeks and months, we must pre-screen everyone who enters our premises on a daily basis. As it is in everyone's best interest to check-in, please do your part in avoiding unnecessary spread of the Covid-19 virus.

**ALWAYS stay home if you or anyone in your household is sick or has been exposed to the Covid-19 virus.**

Upon entry to the facility, you are required to check-in and sign the following Declaration regarding their health

You are expected to respect social distancing and handwashing/disinfecting practices. Zero tolerance is in effect.

### Self-Declaration

1	I understand the risks of coming into contact with other people during the COVID-19 global pandemic at the facility. I understand that I could become infected with COVID-19 while at the facility. I agree to waive all liability and to indemnify the facility for damages that may be incurred by the facility as a result of any mis-statement in this self-declaration.
2	Do you have any of following Covid-19 symptoms: fever/feverish, cough, sore throat, headache, runny nose, a new cough or worsening chronic cough, new onset of fatigue, diarrhea, loss of taste or smell; in children, purple markings on the fingers and toes? If you answered <b>YES</b> , and have 1 symptom, stay home and do not return until you are fully recovered. If you answered <b>YES</b> , and have 2 or more symptoms, self-isolate at home, and call 811.
3	If you answer <b>YES to any of the following</b> , you must stay home and self-isolate for 14 days: a. Have you had close contact within the last 14 days with a confirmed case of COVID-19? b. Have you been diagnosed with COVID-19? c. Have you returned from travel outside of Nova Scotia within the last 14 days? d. Have you been told by public health that you may have been exposed to COVID-19?
4	I agree that I will get permission from facility owner/operator to post any of my "barn related" activities or pictures on social media (eg. Facebook, Snap Chat, Instagram, Twitter, Tik Tok etc.) I understand if I do so without permission, there may be consequences.
5	I understand that should circumstances arise I have a duty to the facility to refrain from entering the premise until a period of 15 days has passed.
6	By signing this declaration, I agree that I have read and understood this declaration and that I have completed it to the best of my knowledge.





# REDUCE THE SPREAD OF COVID-19. WASH YOUR HANDS.



1

Wet hands with warm water



2

Apply soap



3

For at least 20 seconds, make sure to wash:



palm and back of each hand



between fingers



4

Rinse well



5

Dry hands well with paper towel



6

Turn off tap using paper towel



under nails



thumbs

📞 1-833-784-4397

@ [canada.ca/coronavirus](https://canada.ca/coronavirus)



Public Health  
Agency of Canada

Agence de la santé  
publique du Canada

Canada

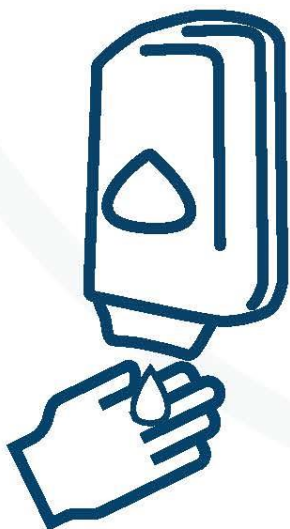
# USE HAND SANITIZER

**PROTECT YOURSELF AND  
OTHERS FROM GETTING SICK**

**When soap and water are not  
available, do the following:**

**1**

**Dispense gel into hands.  
*Verser du désinfectant  
dans la main.***



**2**

**Rub together.  
*Frotter les mains  
ensemble.***



**3**

**Rub hands until dry.  
*Frotter les mains jusqu'à  
ce qu'elles soient sèches.***



# UTILISEZ UN DÉSINFECTANT POUR LES MAINS

**MESURES À PRENDRE POUR ÉVITER  
D'ÊTRE MALADE ET QUE D'AUTRES  
PERSONNES SOIENT MALADES**

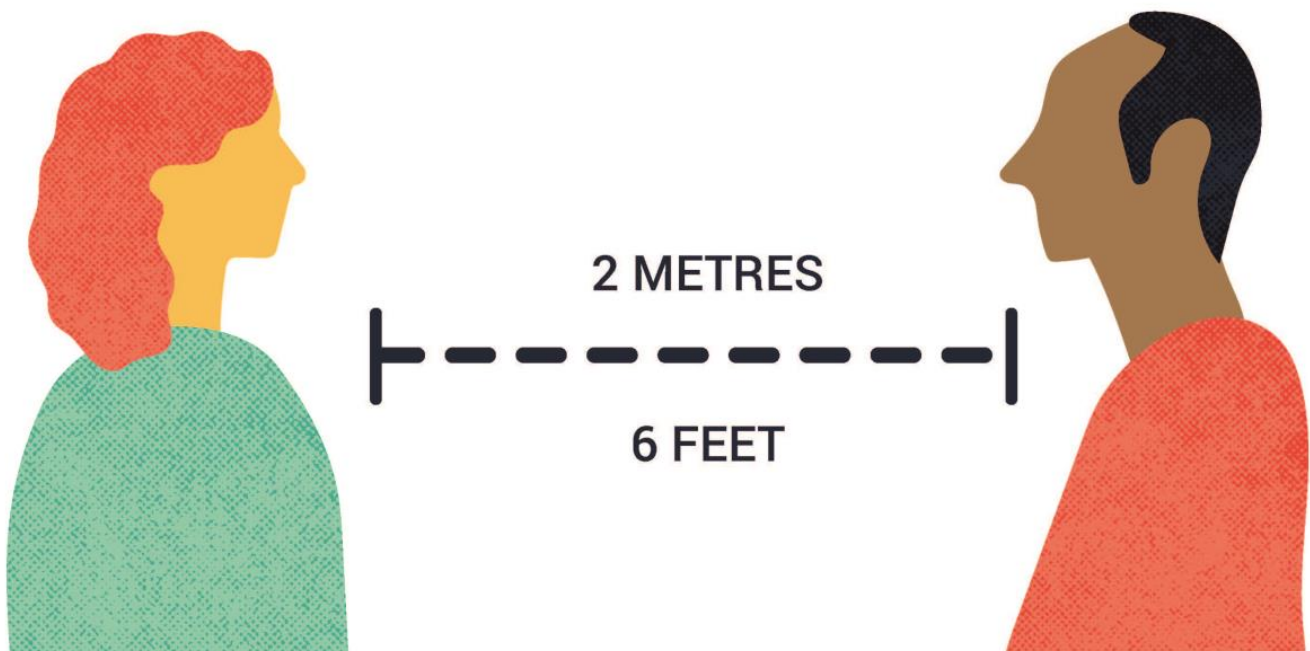
**Lorsque vous n'avez pas accès à du  
savon et de l'eau, faites comme suit :**

For the latest information visit:  
Pour obtenir des renseignements à jour :

**[novascotia.ca/coronavirus](https://novascotia.ca/coronavirus)**

**PROVINCIAL STATE OF EMERGENCY**

# **Practice social-distancing**



**Keep 2 metres/6 feet away from others**

*[novascotia.ca/coronavirus](https://novascotia.ca/coronavirus)*

  
**NOVA SCOTIA**

# Cleaning and Disinfection for COVID-19



Increasing the frequency of cleaning and disinfecting high-touch surfaces is significant in controlling the spread of viruses, and other microorganisms. All surfaces, especially those general surfaces that are frequently touched, such as door knobs, handrails, etc., should be cleaned at least twice daily and when soiled.

When choosing an environmental cleaning product, it is important to follow product instructions for dilution, contact time and safe use, and to ensure that the product is:

- Registered in Canada with a Drug Identification Number (DIN)
- Labelled as a broad-spectrum virucide

All soiled surfaces should be cleaned before disinfecting, unless otherwise stated on the product.

The following hard-surface disinfectant products meet Health Canada's requirements for emerging viral pathogens. These authorized disinfectants may be used against SARS-CoV-2, the coronavirus that causes COVID-19. <https://www.canada.ca/en/health-canada/services/drugs-health-products/disinfectants/covid-19/list.html>

## If using household bleach, the following is recommended:

Disinfectant	Concentration and Instructions
Chlorine: household bleach – sodium hypochlorite (5.25%)	1000 ppm <ul style="list-style-type: none"><li>• 1 teaspoon (5 ml) bleach to 1 cup (250 ml) water or</li><li>• 4 teaspoons (20 ml) bleach to 1 litre (1000 ml) water</li><li>• Allow surface to air dry naturally</li></ul>

## Precautions when using bleach

- Always follow safety precautions and the manufacturer's directions when working with concentrated solutions of bleach. To avoid injury, use appropriate personal protective equipment during handling (read the label and refer to the material safety data sheet).
- Chlorine bleach solution might damage some surfaces (e.g., metals, some plastics).
- Never mix ammonia products with bleach or bleach-containing products. This practice produces chlorine gas - a very toxic gas that can cause severe breathing problems, choking and potentially death.
- Clean the surface before using the chlorine bleach solution.
- A bottle of bleach has a shelf life, so check the bottle for an expiry date.
- Do not premix the water and bleach solution, as it loses potency over time. Make a fresh solution every day.
- When mixing a chlorine bleach solution, it is important to pour the chlorine into the water and not the reverse.
- Try not to breathe in product fumes. If using products indoors, open windows and doors to allow fresh air to enter.

# ATTENTION

## COVID-19

PLEASE DO NOT ENTER THE FACILITY WITHOUT ANSWERING  
THE FOLLOWING QUESTIONS:

### 1.

Do you have any of following symptoms:

*fever/feverish, cough, sore throat, headache, runny nose, a new cough or worsening chronic cough, new onset of fatigue, diarrhea, loss of taste or smell; in children, purple markings on the fingers and toes?*

If you answered YES, and have only one symptom, stay home and do not return until you are fully recovered.

If you answered YES, and have 2 or more of the symptoms, self-isolate at home, and call 811.

### 2.

If you answer YES to any of the following, you must stay home and self-isolate for 14 days:

- a. Have you had close contact within the last 14 days with a confirmed case of COVID-19?
- b. Have you been diagnosed with COVID-19?
- c. Have you returned from travel outside of Nova Scotia within the last 14 days?
- d. Have you been told by public health that you may have been exposed to COVID-19?

**Follow public health advice if you are waiting for testing results for  
COVID-19.**

For up-to-date information, please refer to the  
Government of Nova Scotia webpage -  
[www.novascotia.ca/coronavirus](http://www.novascotia.ca/coronavirus)