



## Welcome to Beautiful Nova Scotia!

Nova Scotia is in a state of emergency to prevent the spread of the COVID-19 virus. This information is to help you understand what public health is asking us to do to self-isolate for 14 days when you arrive. Follow the rules to protect your health and safety and of those around you.

### Information

Read and follow all of the posters that have been put up in the house to learn how to stop the spread of the virus, how to wash your hands, the right way to use hand sanitizer, physical distancing, when to wear a mask, how to remove gloves, and how-to self-isolate at home.

### Self-Isolation

Public Health asks everyone coming into the province to self-isolate for 14-days. As you are not from Canada, you must self-isolate for 14 days. You may not be sick, but these rules will help stop the spread if you are a virus carrier.

**You must stay at home, avoid contact with other people, and stay 2 meters (6ft) from other people in the home.**

You cannot work on the farm, do other jobs for the employer, or help with paperwork on the farm.

Things you can do while self-isolating:

- Exercise in your room.
- Use technology to do video chat or make phone calls to family and friends.
- Use technology to play games, read, send texts or e-mails.
- Use technology to make requests to the farmer for food or things you need.
- Go outside, to walk in your own yard only or sit outside staying 2 meters (6ft) from others.
- Watch television, read books, magazines, and articles.

### Signs and Symptoms of COVID-19:

If you have signs and symptoms of COVID-19, let your employer know right away.

Signs and symptoms include: Fever, Cough, Runny Nose, Sore Throat, Shortness of Breath, and/or Difficulty Breathing.

You and your employer will need to call 8-1-1 or local health authority to report the symptoms and learn what to do next.

You will need to let your employer know if you see another person in the house may be sick, so the worker can get medical help.

### Keeping Yourself Clean

- Wash your hands often with soap and water. Follow the hand washing poster and wash hands for at least 20 seconds.
- Use hand sanitizer to disinfect hands.
- Avoid touching your eyes, nose and mouth.



- Cough and sneeze into your elbow or into a tissue. Throw out the tissue after use.
- Do not share dishes, cups, glasses, hand towels, face cloths or body towels, masks, bed sheets or clothes with others in the house.

### Keeping the Things You Touch Clean

- Clean and disinfect everything touched such as door knobs, taps, toilets, phones, TV remotes, tables, chairs, etc. at least once per day.
- Use the cleaning supplies provided by your employer. Follow the directions on the label. If you do not understand and cannot read the label, call your employer and ask for help.

### Employer Responsibilities

The employer must help you self-isolate and follow public health rules during the 14-day isolation period.

The employer needs to provide the following:

- Pay you for a minimum of 30 hours per week at the agreed contract rate of pay less regular employment deductions.
  - o No other amounts can be taken for expenses related to self-isolation.
  - o You must pay for own food.
- Housing where 2 meters (6ft) can always be kept from other workers while in the house.
- Do the grocery shopping for you and bring them to you as you are not allowed to go to the store.
- Making sure you stay away from other workers who may be sick or at risk for getting sick.
- Provide you with soap, water, and hand sanitizer to keep yourself clean
- Provide cleaning and disinfecting materials to keep the things you touch clean.
- Provide you procedures for cleaning and disinfecting the things you touch.
- Monitor your health and keep records.
- Separate a worker from the others, if one becomes sick.

### If you don't follow the rules:

- Workers must let the employer know right away if other workers are not following the rules.
- Anyone who is not following the rules should be reported to local police.
  - o Report online <https://www.canada.ca/en/employment-social-development/services/foreign-workers/fraud/report-online-fraud.html>
  - o Call Service Canada Confidential Tips Line – 1-866-602-9448
- Employers not helping you should be reported to Occupational Health and Safety Department of Labour and Advanced Education at 1-902-424-5400 or 1-800-9LABOUR (1-800-952-2687).
- Workers can be fined up to \$750,000 CAD for not self-isolating.
- Workers can be fined up to \$1,000,000 CAD or sent to prison for three years, if they show they knew the rules but decided to not to follow them anyway.