**COVID-19 INFORMATION**

**Social Distancing, Mandatory Self-isolation or Mandatory Isolation**

<table>
<thead>
<tr>
<th>Social (Physical) Distancing</th>
<th>Mandatory Self-Isolation</th>
<th>Mandatory Isolation</th>
</tr>
</thead>
<tbody>
<tr>
<td>You have:</td>
<td>You have:</td>
<td>You have:</td>
</tr>
<tr>
<td>☐ No symptoms; OR</td>
<td>☐ Symptoms (even if mild); OR</td>
<td>☐ Tested positive for COVID-19; OR</td>
</tr>
<tr>
<td>☐ Have not travelled outside the NWT in the past 14 days; OR</td>
<td>☐ Returned to the NWT from other parts of Canada in the last 14-days; OR</td>
<td>☐ Returned to Canada from international travel within the past 14-days (with symptoms, without symptoms); OR</td>
</tr>
<tr>
<td>☐ You do not live in a household with:</td>
<td>☐ You have been tested for COVID-19; OR</td>
<td>☐ Been given direction from a health care provider to self-isolate</td>
</tr>
<tr>
<td>• someone who has COVID-19;</td>
<td>☐ You live with someone who has been tested for COVID-19; OR</td>
<td>☐ If you are an essential worker contact your health care provider for additional guidance</td>
</tr>
<tr>
<td>• someone who has been tested for COVID-19;</td>
<td>☐ You live with someone who has symptoms and has returned from travel outside the NWT from within Canada in the past 14-days; OR</td>
<td></td>
</tr>
<tr>
<td>• someone who has symptoms and has travelled outside the NWT in the past 14-days</td>
<td>☐ Been given direction from a health care provider to self-isolate</td>
<td></td>
</tr>
<tr>
<td>☐ Recovered from COVID-19</td>
<td>☐ If you are an essential worker contact your health care provider for additional guidance</td>
<td></td>
</tr>
</tbody>
</table>

**SOCIAL (PHYSICAL) DISTANCING** means:
- Keeping at least 2-metres between yourself and others
- No visitors (non-household members) inside your home, cabin or tent
- You can do outdoor activities with others (up to a maximum of 10) if you can keep 2-metres distance between everyone
- Running essential errands alone and on off-peak hours
- Wearing a face covering while in public OR if you cannot keep 2-metres between yourself and others (optional)
- You can go on the land with groups of 10 or less

**MANDATORY SELF-ISOLATION** means:
- Keeping at least 2-metres between yourself and others
- No visitors (non-household members) inside your home
- If you have symptoms:
  - Stay in a separate room
  - Use a separate bathroom if possible
- If you do not have symptoms:
  - Monitor yourself for symptoms
- You can go outside for a walk if you are alone or with members of your household
- If you must get essential items have someone else pick them up. If not available wear a face covering while in public OR if you cannot keep 2-metres between yourself and others.

**MANDATORY ISOLATION** means:
- Keeping at least 2-metres between yourself and others (even inside your home)
- No visitors (non-household members) inside your home
- No errands or leaving your property unless it is to see a health care provider. Wear a face covering.
- You can go outside for fresh air, if you are on your own private property
  - If you have symptoms AND have returned from international travel in the last 14-days, **you cannot go outside**. Not even on your own property.
- Monitor yourself for symptoms
- If you have symptoms:
  - Stay in separate room
  - Use separate bathroom if possible

**NOT RECOMMENDED FOR ANY NWT RESIDENT**
- Non-essential travel outside Northwest Territories (NWT)
- Non-essential travel to small communities
- Do not share personal items, such as toothbrushes, towels, bed linen, dishes, utensils or electronic devices like phones and remote controls.
- Outdoor activities that require shared, high touch equipment (i.e., volleyball, basketball, rugby, football, etc.) or that breach 2-metres of distance between others

**NOT ALLOWED FOR ANYONE IN THE NWT:**
- Public gatherings (i.e. funeral, weddings, etc.)
- Having visitors (non-household members) in your home.
- Self-isolation in a small community when entering NWT