Staying Safe During COVID-19

Basic Public Health Measures

There are important steps you can take to keep yourself and others around you safe and help stop the spread of COVID-19 in PEI:

- Wash your hands frequently
- Stay 6 feet apart from people who are not part of your household
- Keep your circle of close contacts as small as possible
- Stay home if feeling unwell
- Wear a non-medical mask when in indoor public spaces
- Get tested if experiencing any symptoms of COVID-19

Travelling to Prince Edward Island

- PEI has travel measures in place to prevent and contain the spread of COVID-19 in the province.
- Individuals should only travel to or from PEI for essential reasons.
- Non-PEI residents must apply in advance to travel to PEI and should not make travel plans until they receive pre-travel approval.
- Everyone travelling or returning to PEI must self-isolate for 14 days after they arrive in the province: *www.princeedwardisland.ca/isolationrequirements*
- All PEI residents who must travel outside the province must register their plan for self-isolating before they return to the province. This step will help individuals develop self-isolation plans that meet public health self-isolation requirements: *www.princeedwardisland.ca/residentselfisolation*
- Everyone arriving in PEI, who is in isolation and is not already on a province of PEI testing schedule, is required to be tested on days 0-1, 4-6, and 9-11. For a family arriving and isolating together, up to two people per family are required to be tested. Information about COVID-19 Testing is available at: *www.princeedwardisland.ca/COVIDTesting*
- Do not socialize or interact in person with someone who has recently returned from travel outside of PEI and is self-isolating.
- More information on public health measures currently in effect is available at Travel and COVID-19 Post Circuit-Breaker Measures.

COVID-19 Vaccines

- Prince Edward Island's COVID-19 immunization program is underway.
- Over the coming months, everyone living in Prince Edward Island who wants to get vaccinated against COVID-19 will have the opportunity to receive the vaccine.
- The COVID-19 vaccines help to protect people against the COVID-19 virus by causing our body to produce protection, such as antibodies, so our body will be ready to fight the virus.
- All COVID-19 vaccines have been approved by Health Canada following a thorough scientific review.
- All approved COVID-19 vaccines are safe and effective in preventing people from becoming sick or even worse, dying.
- The COVID-19 vaccines do not change your DNA.
- You cannot get COVID-19 infection from the vaccines.
- The COVID-19 vaccines do not cause infertility.
- The COVID-19 vaccines are free.

Information about the COVID-19 vaccines being administered on PEI, including how to make your appointment to get vaccinated, is available at: *www.princeedwardisland.ca/COVIDVaccine*

Symptoms, Testing and Self-Isolation

- Individuals experiencing ANY symptom of COVID-19 should get tested immediately and self-isolate until they receive their test result.
- Symptoms may include: new or worsening cough; shortness of breath or difficulty breathing; fever/chills; sore throat; runny nose/sneezing/congestion; headache; muscle/joint/body aches; feeling unwell/unusual tiredness; and a sudden loss of sense of smell or taste – *www.princeedwardisland.ca/COVID19symptoms*
- Testing is available at drop-in clinics across the province – *www.princeedwardisland.ca/COVIDtesting*
- If you need to self-isolate because you are experiencing symptoms or have tested positive for COVID-19 or have travelled outside of the province, this means:
  - Staying at home and on your property
  - Do not have contact with others (in-person);
  - Do not leave home unless absolutely necessary, such as to seek medical care
  - Do not go to school, work, public areas or use public transportation (buses or taxis)
  - Have groceries and other essential supplied delivered to your doorstep
  - Do not host or visit people indoors or outdoors;
  - If you live with other people – remain isolated away from others in the household by staying in a separate room, not using any shared spaces, and ideally using a separate bathroom.
  - If you are returning to PEI after travel, if you are in a situation where you are the only member of your household who needs to self-isolate, where at all possible, seek a completely separate location to self isolate. If you do not have another option, the other members of your household must self-isolate unless you remain completely separate from them
  - If you live in an apartment building or condo – stay on the building's property, k; while entering and exiting and outdoors: stay 6 feet apart, wear a non-medical mask, and do hand hygiene; you are not permitted to use any common areas of the building except for entering and exiting the building.
- Find out more at: *www.princeedwardisland.ca/isolationrequirements*

Download the COVID Alert App

- Everyone is encouraged to download the free national COVID Alert app, as it will let you know when you have been exposed to someone who has tested positive for COVID-19 – *www.princeedwardisland.ca/COVIDAlertApp*
- This is another important tool in our efforts to contain the spread of COVID-19 in our province

Learn more about the steps you can take to keep yourself and others around you safe and help stop the spread of COVID-19 in PEI at:

PrinceEdwardIsland.ca/COVID19

Prince Edward Island
CANADA