

# Living with COVID-19

As restrictions are lifted, Nova Scotians need to stay cautious and maintain healthy habits to avoid the spread of COVID-19. Everyone should assume there is still virus circulating in their communities, no matter where they live in the province. Everyone needs to take precautions to help keep our communities safe and protect people who are more vulnerable.



## Get vaccinated

Vaccines reduce the likelihood of severe illness. When you get vaccinated, you also reduce the risk of passing on COVID-19 to your community. You can get vaccinated if you're 5 or older. Many people are also eligible for a booster dose.



## Watch for symptoms

Watch for COVID-19 symptoms. Symptoms can vary from person to person and in different age groups. Symptoms may take up to 14 days to appear after exposure to COVID-19. If you have symptoms, you should stay home and book a COVID-19 test.



## Stay home if you feel sick

If you feel sick, stay home. People with COVID-19 symptoms need to self-isolate and book a COVID-19 test. If you test positive, you need to self-isolate and follow public health direction on the **Nova Scotia Health Authority** website. If you test negative, you should still stay home because you are sick with something (like a cold or flu) and should avoid spreading it.



## Wear a mask

Wearing a mask can help prevent the spread of COVID-19 and other respiratory illnesses. A mask helps stop droplets spreading when someone speaks, laughs, coughs or sneezes (including someone who has COVID-19 but has no obvious symptoms). You should continue to wear a mask if you're around other people indoors or in a crowded outdoor space.



## Test to protect vulnerable people

Use rapid tests to help protect people at increased risk of severe disease, such as people who are older or immunocompromised. If you are more vulnerable or you're in frequent contact with someone who is (such as you live with the person) you could test routinely. If you see vulnerable people occasionally, you could test before you see them. Rapid tests are available in many **community locations**.



## Gather safely

Keeping your social contacts to a small, consistent group helps keep everyone safe. Make informed choices about who and how to interact with each other (consider age, occupation, health conditions and your own comfort). You should continue to keep a safe distance from people you don't know while out and about. Gather outdoors when possible or in indoor spaces with good ventilation. This helps reduce the spread of COVID-19 within the community.



## Maintain healthy habits

Maintaining good hygiene helps prevent the spread of COVID-19. Wash your hands often or use hand sanitizer. Cough and sneeze into your elbow. Avoid sharing food, drinks and personal items such as water bottles, lip gloss, cigarettes, e-cigarettes, etc.



## Clean regularly

Clean and disinfect regularly. Focus on high-traffic areas and high-touch surfaces such as doorknobs, touch screen surfaces, shared items, etc.